


# July 2024

## Lunch Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<b>1. ZUPPA TOSCANA</b> Coconut Shrimp w/ Orange Mango Sauce <b>OR</b> Salisbury Steak <b>BOTH w/</b> Baked Sweet Potatoes & Roasted Cauliflower	<b>2. BLACK BEAN</b> Dijon Dill Cod <b>OR</b> Braised Pork Ribs <b>BOTH w/</b> Red Cabbage & Garlic Mashed Potatoes	<b>3. CORN CHOWDER</b> Tuna Melt on Wheat w/ Chips <b>OR</b> Roast Turkey w/ Gravy & Mashed Potatoes <b>BOTH w/</b> Diced Beets	<b>4. GARDEN VEGETABLE</b> Sesame Ginger Chicken w/ Fried Rice <b>OR</b> Beef Goulash w/ Dinner Roll <b>BOTH w/</b> Green Beans w/ Red Peppers	<b>5. BROCCOLI CHEESE</b> Beef Enchiladas w/ Cilantro Lime Black Beans <b>OR</b> Grilled Fish Sandwich & Fresh Fruit	<b>6. CHICKEN WILD RICE</b> Chicken Club Sandwich <b>OR</b> Spinach & Mushroom Strata <b>BOTH w/</b> Garbanzo Salad & Mandarin Oranges	
<b>7. MINISTRONE</b> Ham w/ Apples, Scalloped Potatoes & Veggie Blend <b>OR</b> Belgian Waffle w/ Strawberries, Scrambled Eggs & Sausage Links	<b>8. CAULIFLOWER CHEESE</b> Chicken Caesar Salad w/ Dinner Roll <b>OR</b> French Dip Sandwich w/ Side Caesar Salad	<b>9. CLAM CHOWDER</b> Beef Stroganoff w/ Herb Buttered Noodles <b>OR</b> Cheese & Sausage Strata w/ Banana <b>BOTH w/</b> Veggie Blend	<b>10. NAVY BEAN &amp; BACON</b> Baked Salmon w/Dill Butter <b>OR</b> Pork Lyonnaise <b>BOTH w/</b> Baby Bakers & Sauteed Summer Squash	<b>11. CHICKEN DILL</b> Cottage Cheese Fruit Plate w/ Muffin <b>OR</b> Spaghetti & Meatballs w/ Veggie Blend	<b>12. VEGETABLE BARLEY</b> Egg Salad Sandwich w/ Fresh Fruit & Chips <b>OR</b> Beef Pepper Steak w/ Mashed Potatoes	<b>13. LENTIL</b> Chicken Kiev w/ White Rice Pilaf & Corn <b>OR</b> Beef Chili w/ Fixings & Corn Muffin	
<b>14. SPLIT PEA &amp; HAM</b> Roast Turkey w/ Mashed Potatoes & Gravy & Almond Buttered Corn <b>OR</b> French Toast w/ Grilled Ham Steak & Berries	<b>15. CORN CHOWDER</b> Swedish Meatballs w/ Herbed Buttered Noodles & Carrots <b>OR</b> Greek Chicken Salad w/ Pita Bread	<b>16. TOMATO BASIL</b> Beef Stir Fry w/ Brown Rice <b>OR</b> Grilled Cheese on Wheat w/ Fruit & Chips	<b>17. BEEF BARLEY</b> Tuna Sandwich on Wheat w/ Fruit & Chips <b>OR</b> Cheese Roll Up w/ Meat Sauce & Steamed Spinach	<b>18. CHICKEN WILD RICE</b> Swiss & Spinach Quiche <b>OR</b> Grilled Ham Steak w/ Au Gratin Potatoes <b>BOTH w/</b> Broccoli Sunflower Salad	<b>19. MINISTRONE</b> Ginger Chicken Thigh w/ Fried Rice <b>OR</b> Fish & Chips <b>BOTH w/</b> Napa Slaw	<b>20. ZUPPA TOSCANA</b> Pork w/ Tomato Cream Sauce & Potato Dumplings & Asparagus <b>OR</b> Turkey Rachel Sandwich w/ Fruit	
<b>21. COUNTRY CHICKEN</b> Meat Loaf w/ Mashed Potatoes, Gravy & Steamed Cauliflower <b>OR</b> Egg, Ham & Cheese on a Croissant w/ Cinnamon Pears	<b>22. CAULIFLOWER CHEESE</b> Pastrami Sandwich w/ Fruit <b>OR</b> Pork w/ Mushroom Sauce w/ Boiled Potatoes & Veggie Blend	<b>23. BLACK BEAN</b> Chicken Chow Mein w/ White Rice & Asian Blend Veggies <b>OR</b> Mediterranean Shrimp Salad w/ Garlic Toast & Fruit	<b>24. VEGETABLE BARLEY</b> Chicken Tenders <b>OR</b> Ginger Peach Pork <b>BOTH w/</b> Sweet Potatoes & Strawberries	<b>25. CHICKEN NOODLE</b> Egg Salad Sandwich w/ Chips & Peaches <b>OR</b> Spaghetti & Meat Sauce w/ Roasted Brussel Sprouts & Garlic Toast	<b>26. GARDEN VEGETABLE</b> Battered Fish <b>OR</b> BBQ Pulled Pork Slider <b>BOTH w/</b> Baked Potato Wedges & Coleslaw	<b>27. CHICKEN TORTILLA</b> Open Faced Hot Turkey Sandwich w/ Mashed Potatoes & Gravy <b>OR</b> Beef Taco Salad <b>BOTH w/</b> Corn	
<b>28. BROCCOLI CHEESE</b> Roast Pork w/ Gravy, Sweet Potatoes & Lemon Asparagus <b>OR</b> Blueberry Pancakes w/ Scrambled Eggs & Fruit	<b>29. CHICKEN w/ DILL</b> Strawberry Chicken Salad w/ Breadstick <b>OR</b> Tater Tot Hot Dish w/ Grapes	<b>30. BEEF BARLEY</b> Beef Tips & Gravy w/ Mashed Potatoes & Steamed Spinach <b>OR</b> Chicken Salad Sandwich w/ Fresh Fruit	<b>31. BEEF CHILI</b> Cornflake Crusted Fish w/ Mixed Veggies & Rice Blend <b>OR</b> Cottage Cheese Fruit Plate w/ Muffin	