

## MEALS FOR THE CURRENT WEEK OF JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14	15	16	17	18	19	20
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Soup: Soup of the Day Snack: Assorted  Pineapple Carrot Jelly Salad, Potato Salad, Cheese Sticks & Rolled Ham  Grilled Chicken Burger w/ Lettuce & Tomato w/ Onion Rings OR Tossed Salad	Soup: Cream of Tomato Snack: Cranberry Lemon Muffin  Toasted Denver w/ Eggs, Ham, Cheese & Green Onion  Salmon Salad Sandwich on Kaiser Bun	Soup: Chicken & Rice Snack: Cranberry Lemon Muffin  Toasted Denver w/ Eggs, Ham, Cheese & Green Onion  Chef's Salad w/ Sliced Apples, Candied Walnuts, Scoop of Tuna Salad, Lettuce, Tomato, Cucumbers, Carrots & Garlic Toast	Soup: Mushroom Barley Snack: Triple Berry Crumble  Cream Cheese Stuffed French Toast, Sausage & Fruit Salad  Pulled BBQ Beef on a Whole Wheat Kaiser Bun	Soup: Carrot Almond Snack: Mini Danish  Grilled Havarti Cheese Sandwich w/ Tomato & Asparagus  Fancy Double Stuffed Egg Salad Sandwiches with Cucumber & Cream Cheese	Soup: French Pea Snack: Mini Danish  Grilled Havarti Cheese Sandwich w/ Tomato & Asparagus  Hot Dog w/ Fried Onions & Baked Beans	Soup: Soup of the Day Snack: Assorted  Oatmeal w/ Brown Sugar & Sliced Peaches, Yogurt & Fruit Slices  Eggs Benedict w/ Poached Eggs, Hollandaise Sauce & Back Bacon on a English Muffin w/ Fruit Slices
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Roast Pork Tenderloin w/ Apple Gravy, Mashed Potatoes, Braised Red Cabbage & Peas  Vegetarian Lasagna w/ Caesar Salad & Garlic Toast  Chocolate Cream pie Fruit of the week:	Grilled Italian Sausages w/ Peppers, Caesar Salad & Garlic Bread Stick  Shrimp & Chicken Penne Alfredo w/ Caesar Salad & Garlic Bread Stick  Cherry Strudel Fruit of the week:	Roasted 1/4 Chicken, Mashed Potatoes & Kale Vegetable Mix  Assorted Desserts Fruit of the week:	Shrimp Stuffed Sole, Scalloped Potatoes, Cauliflower & Corn  Salisbury Steak w/ Mushroom Gravy, Boiled Potatoes, Cauliflower & Corn  Assorted Donuts Fruit of the week:	Cottage Cheese Perogies, Fried Onions, Cream Sauce, Grilled Farmers Sausage & Steamed Vegetables  Chicken Souvlaki w/ Tzatziki Sauce, Rice Pilaf & Steamed Vegetables  Strawberry Pudding with Whipped Cream Fruit of the week:	Lightly Breaded Pickerel, Baby Potatoes & Sautéed Zucchini & Peppers  Vegetarian Manicotti w/ Spinach & Strawberry Salad & Garlic Toast  Fresh Fruit Salad with Sweet Cream Fruit of the week:	BBQ Ribs, Baked Potato w/ Sour Cream, Broccoli & Corn  Berry Crisp w/ Strawberry Ice Cream Cup Fruit of the week:

## MEALS FOR THE CURRENT WEEK OF JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
21	22	23	24	25	26	27
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Soup: Soup of the Day Snack: Assorted	Soup: Lentil Snack: Assorted Tart	Soup: Cabbage Borscht Snack: Assorted Tart	Soup: Hamburger Soup Snack: Peanut Butter Cookie	Soup: Cream of Mushroom Snack: Apple Oatmeal Muffin	Soup: Beef Barley Snack: Oatmeal Apple Muffin	Soup: Soup of the Day Snack: Assorted
Waffles w/ Fruit Sauce & Country Ham	Tuna Melt on French Bread	Tuna Melt on French Bread	BLTC Sandwich	Chopped Ham & Relish Sandwich with Lettuce	Reuben on Marble Rye	Scrambled Eggs, Bacon OR Turkey Sausage, Toast, Hash Browns & Fruit Slices
Wally Bacon Burger w/ French Fries OR Tossed Salad	Chicken Salad Sandwich w/ Currants & Apples & Lettuce	Monte Cristo Sandwich with Lettuce & Tomato	Chicken & Bean Quesadillas w/ Salsa & Sour Cream	Reuben on Marble Rye	Chef's Salad w/ Candied Walnuts, Cubed Cheese, Grilled Chicken & Garlic Bread	Smoked Salmon on a Bagel w/ Cream Cheese
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Roasted Turkey Dinner, Stuffing, Gravy, Cranberry Sauce, Mashed Potatoes, Peas & Honey Glazed Carrots	Grilled Chicken Burger w/ Onion Rings OR Carrot Salad	Chicken Thighs with Mushroom Cream Sauce, Rice Pilaf, Broccoli & Corn	Pot Roast Dinner, Mashed Potatoes, Beets & Spaghetti Squash	Potato & Cheddar Perogies, Fried Onions, Grilled Kielbasa & Cauliflower & Apple Salad	Lightly Breaded Pickereel, Boiled Potatoes & Creamy Coleslaw	Chicken Kiev (Garlic Butter Stuffed), Roasted Potatoes, Sauteed Zucchini & Mushrooms
Pecan Pie with Whipped Cream Fruit of the Week:	Spaghetti & Meat Sauce w/ Caesar Salad & Garlic Toast	Roasted Pork Loin Stuffed w/ Apricots & Prunes, Lemon Potatoes, Broccoli & Corn	Peaches & Cream Jello Parfait Fruit of the Week:	Chicken Adobo Stew with Carrots & Peas w/ Jasmine Rice, Lumpia (Spring Roll)	Shepherd's Pie w/ Gravy & Bistro Vegetable Mix	Frozen Yogurt Bar Fuit of the Week:
	Assorted Donuts Fruit of the week:	Assorted Dessert Fruit of the Week:		Vanilla Swirl Cake with Whipped Cream Fruit of the Week:	Bread Pudding w/ Butterscotch Ice Cream Fruit of the week:	

## MEALS FOR THE CURRENT WEEK OF JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
<p style="text-align: center;"><b>Lunch</b></p> <p>Soup: Soup of the Day Snack: Assorted</p> <p>Pancakes w/ Peaches, Yogurt &amp; Fruit Slices</p> <p>Cobb Salad w/ Grilled Chicken, Apples, Cubed Cheese, &amp; Boiled Egg w/ Garlic Toast</p>	<p style="text-align: center;"><b>Lunch</b></p> <p>Soup: Hearty Vegetable Barley Snack: Assorted Cookie</p> <p>Italian Meat Sub w/ Rosemary Ham, Capicola, Provolone Cheese &amp; Italian Dressing Mayo</p> <p>Vegetarian Chili w/ Tea Biscuit</p>	<p style="text-align: center;"><b>Lunch</b></p> <p>Soup: Beet Borscht Snack: Assorted Cookie</p> <p>Italian Meat Sub w/ Rosemary Ham, Capicola, Provolone Cheese &amp; Italian Dressing Mayo</p> <p>Hot Turkey Sandwich w/ Gravy &amp; Sweet Potato Fries OR Tossed Salad</p>	<p style="text-align: center;"><b>Lunch</b></p> <p>Soup: Taco Tortilla Snack: Yogurt</p> <p>Nutella &amp; Strawberry Crepes, Bacon &amp; Spinach &amp; Strawberry Salad</p> <p>Corned Beef Hash w/ Poached Eggs &amp; Raisin Toast</p>	<p style="text-align: center;"><b>Lunch</b></p> <p>Soup: French Onion Snack: Mini Cream Tart</p> <p>Grilled Cheese w/ Havarti, Asparagus, Bell Peppers &amp; Onions</p> <p>Chicken Wellington w/ Side of Cream Sauce</p>	<p style="text-align: center;"><b>Lunch</b></p> <p>Soup: Turkey Noodle Snack: Mini Cream Tart</p> <p>Grilled Cheese w/ Havarti, Asparagus, Bell Peppers &amp; Onions</p> <p>Fancy Chicken Sandwiches w/ Apples &amp; Cream Cheese</p>	<p style="text-align: center;"><b>Lunch</b></p> <p>Soup: Soup of the Day Snack: Assorted</p> <p>Ham &amp; Pineapple Pizza OR Vegetarian Pizza</p> <p>Onion &amp; Bell Pepper Omelette w/ Tossed Salad</p>
<p style="text-align: center;"><b>Dinner</b></p> <p>Baked Ham w/ Apple Sauce, Mashed Potatoes &amp; Bistro Vegetable Mix</p> <p>Swedish Meatballs, Rice Pilaf &amp; Bistro Vegetable Mix</p> <p>Black Forest Parfait Fruit of the Week:</p>	<p style="text-align: center;"><b>Dinner</b></p> <p>Sweet &amp; Sour Chicken Balls, Vegetable Pancit &amp; Vegetable Spring Roll</p> <p>Korean BBQ Spare Ribs, Vegetable Pancit &amp; Vegetable Spring Roll</p> <p>Cold Tapioca Pudding with Berry Sauce Fruit of the week:</p>	<p style="text-align: center;"><b>Dinner</b></p> <p>Vegetarian Manicotti w/ Caesar Salad &amp; Garlic Toast</p> <p>Cabbage Rolls w/ Boiled Potatoes &amp; Garlic Sausage</p> <p>Assorted Desserts Fruit of the Week:</p>	<p style="text-align: center;"><b>Dinner</b></p> <p>Baked Salmon w/ Lemon &amp; Dill, Baby Potatoes, Cauliflower &amp; Beets</p> <p>Pork Schnitzel w/ Apple Gravy, Baby Potatoes, Cauliflower &amp; Beets</p> <p>Strawberry Rhubarb Crisp w/ Ice Cream Fruit of the week:</p>	<p style="text-align: center;"><b>Dinner</b></p> <p>Grilled Pork Chop, Roasted Potatoes, Braised Red Cabbage &amp; Corn</p> <p>Beef Stroganoff w/ Egg Noodles, Braised Red Cabbage &amp; Corn</p> <p>Carrot Cake w/ Cream Cheese Icing Fruit of the Week:</p>	<p style="text-align: center;"><b>Dinner</b></p> <p>Lightly Breaded Pickeredel, Lemon Potatoes &amp; Bistro Vegetable Mix</p> <p>3 Cheese Tortellini w/ Alfredo Sauce &amp; Grilled chicken, Caesar Salad &amp; Garlic Toast</p> <p>Fresh Fruit Salad w/ Berries Fruit of the Week:</p>	<p style="text-align: center;"><b>Dinner</b></p> <p>Stuffed Chicken with Broccoli &amp; Cheddar, Mashed Potatoes, Butternut Squash and Zucchini</p> <p>Chocolate or Vanilla Ice Cream Bar Fruit of the Week:</p>

## MEALS FOR THE CURRENT WEEK OF AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4	5	6	7	8	9	10
<p><b>Lunch</b></p> <p>Soup: Soup of the Day Snack: Assorted</p> <p>BLTC Sandwich</p> <p>Grilled Cinnamon Bun, Cheese Sticks &amp; Yogurt</p>	<p><b>Lunch</b></p> <p>Soup: Cream of Mushroom Snack: Zucchini Chocolate Chip Loaf</p> <p>Reuben on Marble Rye</p> <p>Fancy Double Stuffed Fancy Egg Salad Sandwiches</p>	<p><b>Lunch</b></p> <p>Soup: Chicken Noodle Snack: Zucchini Chocolate Chip Loaf</p> <p>Reuben on Marble Rye</p> <p>Crab Salad Sandwich</p>	<p><b>Lunch</b></p> <p>Soup: Sweet Potato Snack: White Chocolate Macadamia Cookies</p> <p>Roast Beef &amp; Swiss Sandwich</p> <p>'Eggs, Bacon OR Sausage, Hashbrowns, Toast &amp; Fruit Salad</p>	<p><b>Lunch</b></p> <p>Soup: Beef Barley Snack: Fig Newton</p> <p>Grilled Chicken &amp; Avocado on French Bread</p> <p>Wally Cheeseburger w/ French Fries OR Tossed Salad</p>	<p><b>Lunch</b></p> <p>Soup: Lentil Snack: Fig Newton</p> <p>Grilled Chicken &amp; Avocado on French Bread</p> <p>German Potato Salad, Creamy Coleslaw, Cold Cuts &amp; Croissant</p>	<p><b>Lunch</b></p> <p>Soup: Soup of the Day Snack: Assorted</p> <p>'Shrimp Po Boy Sandwich</p> <p>Meat Tortiere w/ Gravy &amp; Tossed Salad</p>
<p><b>Dinner</b></p> <p>Roast Beef, Gravy, Mini Yorkshire Pudding, Roasted Potatoes, Honey Glazed Carrots &amp; Peas</p> <p>Lemon Meringue Pie Fruit of the Week:</p>	<p><b>Dinner</b></p> <p>Turkey Schnitzel, Mashed Potatoes, Sautéed Mushrooms &amp; Broccoli</p> <p>Swiss Steak, Mashed Potatoes, Sautéed Mushrooms &amp; Broccoli</p> <p>Chocolate Cream Puff Fruit of the week:</p>	<p><b>Dinner</b></p> <p>Lightly Dusted Chicken Wings w/ Macaroni &amp; Cheese &amp; Broccoli Salad</p> <p>Beef Stew w/ Tossed Salad &amp; Dinner Bun</p> <p>Assorted Desserts Fruit of the week:</p>	<p><b>Dinner</b></p> <p>BBQ Ribs, Baked Potato w/ Sour Cream, Oil &amp; Vinegar Coleslaw &amp; Corn on the Cob</p> <p>Banana Pudding with Caramel Whipped Cream</p> <p>Fruit of the Week:</p>	<p><b>Dinner</b></p> <p>Cottage Cheese Perogies, Fried Onions, Cream Sauce, Grilled Farmers Sausage, Sautéed Zucchini &amp; Peppers</p> <p>Lemon Chicken Kabobs, Baby Potatoes, Sautéed Zucchini &amp; Peppers</p> <p>Mixed Fruit Crisp w/ Ice Cream</p> <p>Fruit of the Week:</p>	<p><b>Dinner</b></p> <p>Red Thai Coconut Chicken Curry w/ Jasmine Rice &amp; Florentine Vegetable Mix</p> <p>Lightly Breaded Pickarel, Lemon Potatoes &amp; Florentine Vegetable Mix</p> <p>Rice Pudding Fruit of the Week:</p>	<p><b>Dinner</b></p> <p>Roasted Chicken Drumsticks, Mashed Potatoes, Cauliflower &amp; Beets</p> <p>Liver &amp; Onions, Mashed Potatoes, Cauliflower &amp; Beets</p> <p>Fresh Fruit Salad w/ Berries &amp; Sweet Cream Fruit of the Week:</p>

## MEALS FOR THE CURRENT WEEK OF AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11	12	13	14	15	16	17
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Soup: Soup of the day Snack: Assorted ----- Beef Taco Salad w/ Salsa & Sour Cream ----- Oatmeal w/ Brown Sugar & Sliced Peaches, Yogurt & Fruit Slices	Soup: Beef Vegetable Snack: Coffee Caramel Muffin ----- Grilled Ham & Havarti Sandwich w/ Grilled Peppers ----- Pulled BBQ Beef on a Whole Wheat Kaiser Bun	Soup: Potato Bacon Snack: Coffee Caramel Muffin ----- Grilled Ham & Havarti w/ Grilled Peppers ----- Pulled BBQ Beef on a Whole Wheat Kaiser Bun	Soup: Minestrone Snack: Lemon Square ----- Scrambled Eggs, Bacon OR Sausage, Hashbrowns, Toast & Fruit Salad ----- Chef's Salad w/ Candied Walnuts, Pears, Parm, Grilled Chicken & Poppy Seed Dressing	Soup: Chicken & Rice Snack: Assorted Brownies ----- Turkey Sub w/ Turkey, Lettuce, Tomato & Cheese ----- Stuffed Potato w/ Bell Pepper, Corn, & Cheese	Soup: Beet Borscht Snack: Assorted Brownie ----- Turkey Sub w/ Turkey, Lettuce, Tomato & Cheese ----- Fried Egg & Cheese Sandwich w/ Grilled Bologna on a Whole Wheat Kaiser Bun	Soup: Soup of the Day Snack: Assorted ----- Waffles w/ Fruit Sauce, Grilled Ham & Fruit Salad ----- Chicken Fingers w/ Sweet Potato Fries OR Tossed Salad
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Roasted Turkey Dinner w/ Stuffing, Cranberry Sauce, Gravy, Boiled Potatoes & Broccoli Casserole ----- Apple Pie with Whipped Cream Fruit of the Week:	Kung Pao Chicken, Vegetable Pancit & Vegetable Spring Roll ----- Meatloaf w/ Ketchup Sauce, Mashed Potatoes & Bistro Mix ----- Coconut Pudding w/ Blueberries & Whipped Cream Fruit of the Week:	Shrimp Kabobs, Rice Pilaf w/ Cauliflower & Apple Salad ----- Terikayi Chicken Strips, Rice Pilaf & Vegetable Spring Roll ----- Assorted Desserts Fruit of the Week:	Haddock Fish & Chips w/ 3 Bean Salad ----- Spaghetti & Meat Sauce w/ Caesar Salad & Garlic Toast ----- Lemon Cream Cake Fruit of the week:	Pork Chops w/ Apple Gravy, Mashed Potatoes, Green Bean Almandine & Carrots ----- Potato & Cheddar Perogies, Fried Onions, Bacon Bits, Grilled Kielbasa, Green Bean Almandine & Carrots ----- Boston Cream Pie Fruit of the Week:	Salmon Burger w/ Potato Wedges & Greek Salad ----- Pork Schnitzel, Roasted Potatoes, Corn & Cauliflower ----- Ice Cream Drumstick Fruit of the Week:	Roast Beef, Gravy, Mini Yorkshire Pudding, Scalloped Potatoes & California Mix ----- Bread Pudding w/ Toffee Sauce Fruit of the Week: