

MEALS FOR THE CURRENT WEEK OF JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14	15	16	17	18	19	20
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
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
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
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 & Sauteed 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 21	MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26	SATURDAY 27
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
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
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
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 Assorted Donuts Fruit of the week:	Roasted Pork Loin Stuffed w/ Apricots & Prunes, Lemon Potatoes, Broccoli & Corn Assorted Dessert Fruit of the Week:	Peaches & Cream Jello Parfait Fruit of the Week:	Chicken Adobo Stew with Carrots & Peas w/ Jasmine Rice, Lumpia (Spring Roll) Vanilla Swirl Cake with Whipped Cream Fruit of the Week:	Shepherd's Pie w/ Gravy & Bistro Vegetable Mix Bread Pudding w/ Butterscotch Ice Cream Fruit of the week:	Frozen Yogurt Bar Fuit of the Week:

MEALS FOR THE CURRENT WEEK OF JULY

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

MEALS FOR THE CURRENT WEEK OF AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4	5	6	7	8	9	10
<p style="text-align: center;">Lunch</p> <p>Soup: Soup of the Day Snack: Assorted</p> <p>BLTC Sandwich</p> <p>Grilled Cinnamon Bun, Cheese Sticks & Yogurt</p>	<p style="text-align: center;">Lunch</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 style="text-align: center;">Lunch</p> <p>Soup: Chicken Noodle Snack: Zucchini Chocolate Chip Loaf</p> <p>Reuben on Marble Rye</p> <p>Crab Salad Sandwich</p>	<p style="text-align: center;">Lunch</p> <p>Soup: Sweet Potato Snack: White Chocolate Macadamia Cookies</p> <p>Roast Beef & Swiss Sandwich</p> <p>'Eggs, Bacon OR Sausage, Hashbrowns, Toast & Fruit Salad</p>	<p style="text-align: center;">Lunch</p> <p>Soup: Beef Barley Snack: Fig Newton</p> <p>Grilled Chicken & Avocado on French Bread</p> <p>Wally Cheeseburger w/ French Fries OR Tossed Salad</p>	<p style="text-align: center;">Lunch</p> <p>Soup: Lentil Snack: Fig Newton</p> <p>Grilled Chicken & Avocado on French Bread</p> <p>German Potato Salad, Creamy Coleslaw, Cold Cuts & Croissant</p>	<p style="text-align: center;">Lunch</p> <p>Soup: Soup of the Day Snack: Assorted</p> <p>'Shrimp Po Boy Sandwich</p> <p>Meat Tortiere w/ Gravy & Tossed Salad</p>
<p style="text-align: center;">Dinner</p> <p>Roast Beef, Gravy, Mini Yorkshire Pudding, Roasted Potatoes, Honey Glazed Carrots & Peas</p> <p>Lemon Meringue Pie Fruit of the Week:</p>	<p style="text-align: center;">Dinner</p> <p>Turkey Schnitzel, Mashed Potatoes, Sauteed Mushrooms & Broccoli</p> <p>Swiss Steak, Mashed Potatoes, Sauteed Mushrooms & Broccoli</p> <p>Chocolate Cream Puff Fruit of the week:</p>	<p style="text-align: center;">Dinner</p> <p>Lightly Dusted Chicken Wings w/ Macaroni & Cheese & Broccoli Salad</p> <p>Beef Stew w/ Tossed Salad & Dinner Bun</p> <p>Assorted Desserts Fruit of the week:</p>	<p style="text-align: center;">Dinner</p> <p>BBQ Ribs, Baked Potato w/ Sour Cream, Oil & Vinegar Coleslaw & Corn on the Cob</p> <p>Banana Pudding with Caramel Whipped Cream</p> <p>Fruit of the Week:</p>	<p style="text-align: center;">Dinner</p> <p>Cottage Cheese Perogies, Fried Onions, Cream Sauce, Grilled Farmers Sausage, Sauteed Zucchini & Peppers</p> <p>Lemon Chicken Kabobs, Baby Potatoes, Sauteed Zucchini & Peppers</p> <p>Mixed Fruit Crisp w/ Ice Cream</p> <p>Fruit of the Week:</p>	<p style="text-align: center;">Dinner</p> <p>Red Thai Coconut Chicken Curry w/ Jasmine Rice & Florentine Vegetable Mix</p> <p>Lightly Breaded Pickerel, Lemon Potatoes & Florentine Vegetable Mix</p> <p>Rice Pudding</p> <p>Fruit of the Week:</p>	<p style="text-align: center;">Dinner</p> <p>Roasted Chicken Drumsticks, Mashed Potatoes, Cauliflower & Beets</p> <p>Liver & Onions, Mashed Potatoes, Cauliflower & Beets</p> <p>Fresh Fruit Salad w/ Berries & Sweet Cream</p> <p>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
<p style="text-align: center;">Lunch</p> <p>Soup: Soup of the day Snack: Assorted</p> <p>Beef Taco Salad w/ Salsa & Sour Cream</p> <p>Oatmeal w/ Brown Sugar & Sliced Peaches, Yogurt & Fruit Slices</p>	<p style="text-align: center;">Lunch</p> <p>Soup: Beef Vegetable Snack: Coffee Caramel Muffin</p> <p>Grilled Ham & Havarti Sandwich w/ Grilled Peppers</p> <p>Pulled BBQ Beef on a Whole Wheat Kaiser Bun</p>	<p style="text-align: center;">Lunch</p> <p>Soup: Potato Bacon Snack: Coffee Caramel Muffin</p> <p>Grilled Ham & Havarti w/ Grilled Peppers</p> <p>Pulled BBQ Beef on a Whole Wheat Kaiser Bun</p>	<p style="text-align: center;">Lunch</p> <p>Soup: Minestrone Snack: Lemon Square</p> <p>Scrambled Eggs, Bacon OR Sausage, Hashbrowns, Toast & Fruit Salad</p> <p>Chef's Salad w/ Candied Walnuts, Pears, Parm, Grilled Chicken & Poppy Seed Dressing</p>	<p style="text-align: center;">Lunch</p> <p>Soup: Chicken & Rice Snack: Assorted Brownies</p> <p>Turkey Sub w/ Turkey, Lettuce, Tomato & Cheese</p> <p>Stuffed Potato w/ Bell Pepper, Corn, & Cheese</p>	<p style="text-align: center;">Lunch</p> <p>Soup: Beet Borscht Snack: Assorted Brownie</p> <p>Turkey Sub w/ Turkey, Lettuce, Tomato & Cheese</p> <p>Fried Egg & Cheese Sandwich w/ Grilled Bologna on a Whole Wheat Kaiser Bun</p>	<p style="text-align: center;">Lunch</p> <p>Soup: Soup of the Day Snack: Assorted</p> <p>Waffles w/ Fruit Sauce, Grilled Ham & Fruit Salad</p> <p>Chicken Fingers w/ Sweet Potato Fries OR Tossed Salad</p>
<p style="text-align: center;">Dinner</p> <p>Roasted Turkey Dinner w/ Stuffing, Cranberry Sauce, Gravy, Boiled Potatoes & Broccoli Casserole</p> <p>Apple Pie with Whipped Cream</p> <p>Fruit of the Week:</p>	<p style="text-align: center;">Dinner</p> <p>Kung Pao Chicken, Vegetable Pancit & Vegetable Spring Roll</p> <p>Meatloaf w/ Ketchup Sauce, Mashed Potatoes & Bistro Mix</p> <p>Coconut Pudding w/ Blueberries & Whipped Cream</p> <p>Fruit of the Week:</p>	<p style="text-align: center;">Dinner</p> <p>Shrimp Kabobs, Rice Pilaf w/ Cauliflower & Apple Salad</p> <p>Terikayi Chicken Strips, Rice Pilaf & Vegetable Spring Roll</p> <p>Assorted Desserts</p> <p>Fruit of the Week:</p>	<p style="text-align: center;">Dinner</p> <p>Haddock Fish & Chips w/ 3 Bean Salad</p> <p>Spaghetti & Meat Sauce w/ Caesar Salad & Garlic Toast</p> <p>Lemon Cream Cake</p> <p>Fruit of the week:</p>	<p style="text-align: center;">Dinner</p> <p>Pork Chops w/ Apple Gravy, Mashed Potatoes, Green Bean Almandine & Carrots</p> <p>Potato & Cheddar Perogies, Fried Onions, Bacon Bits, Grilled Kielbasa, Green Bean Almandine & Carrots</p> <p>Boston Cream Pie</p> <p>Fruit of the Week:</p>	<p style="text-align: center;">Dinner</p> <p>Salmon Burger w/ Potato Wedges & Greek Salad</p> <p>Pork Schnitzel, Roasted Potatoes, Corn & Cauliflower</p> <p>Ice Cream Drumstick</p> <p>Fruit of the Week:</p>	<p style="text-align: center;">Dinner</p> <p>Roast Beef, Gravy, Mini Yorkshire Pudding, Scalloped Potatoes & California Mix</p> <p>Bread Pudding w/ Toffee Sauce</p> <p>Fruit of the Week:</p>