July Menu

Monday	Tuesday	Wednesday	Thursday	Friday
27 Pasta 4 oz Meatballs 3 pc Parmesan cheese 1 pc* Marinara Sauce 2 oz Broccoli 4 oz WW Dinner Roll 1 pc Fruit Crunch Bar 1 pc	28 Sliced Pork 1 pc Gravy 2 oz Roasted Potatoes 4 oz Chef's Choice Veg 4 oz Oatmeal Bread 1 pc Applesauce 4 oz	29 Chicken Nuggets 3 pc Oriental sauce 2 oz Asian Blend Veggies 4 oz White Rice 4 oz Dinner Roll 1 pc Pineapple Chunks 4 oz	30 Baked Salmon 1 pc Dill Sauce 2 oz Vegetable Rice Pilaf 4 oz Green Beans 4 oz WG Bread 1 pc Fresh Fruit (Honeydew) I pc	1 Egg Salad 3 oz Pasta Salad 4 oz Carrot and Cauliflower Salad 4 oz Hot Dog Roll 1 pc Diet Jell-O 4 oz
4 Independence Day No Meal Service	5 Hamburger 1 pc W/Cheese on the Side 1 pc Mashed potatoes 4 oz Mixed Veggies 4 oz Hamburger Roll 1 pc Mandarin Oranges 4 oz Ketchup and Mustard 1 pc	6 **Special :** Sausage 1 pc Peppers & Onions 2 oz Mshed Sweet Potatoes 4 oz Summer Veggie Blend 4 oz Sandwich Roll 1 pc Blueberry cake/Angel Cake, blueberries w/topping 1 pc	7 Orange Chicken 1 pc Orange Sauce 2 oz White Rice 4 oz Broccoli 4 oz Oatmeal Bread 1 pc Fresh Fruit 1 pc	8 Stuffed Shells 2 pc w/ Marinara Sauce 2 oz Parmesan Cheese 1 pc Sautéed Spinach 4 oz Italian Scala Bread 1 pc Yogurt 1 pc
11 LS Hot Dog 1 pc Low Sodium Beans 4 oz Chef's Choice Veg 4 oz WW Hot Dog Roll 1 pc Pineapple 4 oz Ketchup, Mustard, Relish 1 pc	12 Spinach & Mushroom Frittata w/ Cheese 1/24 Potatoes O'Brien 4 oz Diced Carrots 4 oz Biscuit 1 pc Diced Peaches 4 oz	13 Chicken Salad 3 oz Potato Salad 4 oz Cauliflower and red pepper Salad 4 oz Sandwich Roll 1 pc Pudding/Diet Pudding 4 oz	14 Cheese Lasagna 1 pc Meat Sauce 1 oz Parmesan cheese 1 pc Summer Squash 4 oz Italian Bread 1 pc Fresh Fruit (cantaloupe) 1 pc	15 Potato Crunch Fish 1 pc Orzo Pilaf 4 oz Brussels Sprouts 4 oz NG Bread 1 pc Fruit Bar / Lorna Doones** 1 pc
18 Breaded Chicken* 3 pc (Chicken Chunks or popcorn) Honey Mustard Sauce 2 oz Peas 4 oz Steamed Potatoes 4 oz Oatmeal Bread 1 pc Fresh Fruit 1 pc	19 Baked Scrod 1 pc Vegetable CousCous 4 oz Rsted Butternut Squash 4 oz Honey Wheat Roll 1 pc Mandarin Oranges 4 oz	20 Chicken Meatballs 3 pc Sweet n sour sauce 2 oz White Rice 4 oz Broccoli 4 oz Diet Jell-o 4 oz NG bread 1 pc	21 **Birthday** Yankee Pot Roast 3 oz Jardinière Gravy 2 oz Green Beans 4 oz Roasted Sweet Potatoes 4 oz Dinner Roll 1 pc Cake/ Angel Cake** 1 pc	22 Eggplant Parmesan 1 pc Parmesan cheese 1 pc* Pasta 4 oz Capri Blend 4 oz Ital Bread1 pc Mixed Fruit 4 oz
25 Meatloaf 1 pc Gravy 2 oz Mashed Potatoes 4 oz Corn 4 oz Whole Wheat Dinner Roll 1 pc Fresh Fruit (honeydew) 1 pc	26 Chicken Caesar Salad (4 oz lettuce, 3 oz chicken, .1 oz cheese, .1 oz croutons) Ceasar Dressing 1 oz Pasta Salad 4 oz Beet Salad 4 oz Twisted Bread Stick 1 pc Yogurt 1 pc	27 Baked Salmon 1 pc Dill Sauce 2 oz Brown Rice Pilaf 4 oz Seasonal Vegetables 4 oz NG Bread 1 pc Fruit Loaf / Lorna Doones ** 1 pc	28 Chicken Drumstick 1 pc BBQ Sauce 1 oz Rice & Beans 4 oz Zucchini 4 oz Dinner Roll 1 pc Diced Peaches 4 oz	29 Macaroni & Cheese 8oz w/Crumb Topping .25 oz (on the side) Stewed Tomatoes 4 oz Honey Wheat Roll 1 pc Canned Pears 4 oz

*If popcorn chicken is sent, please send 10pc ** Lorna Doones can be substituted with lemon Dinos, cinnamon bears or fruit for Modified.