


JULY 2023 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Chicken soup Sweet & sour meatball Fried rice / 3 bean salad Roll / Chocolate chip cookie</p> <p>Grilled veggie salad w/ chicken</p>	<p>4</p> 	<p>5 Fresh fruit cup Crispy roasted chicken thigh Roasted sweet potato salad Zesty green beans / Roll Cookie</p> <p>Chef salad</p>	<p>6 Minestrone soup Lasagna roll up /meat sauce Roasted potato /Broc florets Snowflake roll Fruit</p> <p>Chicken salad on wheat</p>	<p>7 Tomato soup Salisbury steak w/gravy Mashed potato Mixed veg / Fruit Roll</p> <p>Spinach salad w/ chicken</p>
<p>10 Pasta & bean soup Shepard's pie / Mashed pot. Multi grain roll Pudding</p> <p>Ham & cheese club</p>	<p>11 Lentil & bean soup Beef tips w/ gravy Roasted sweet potatoes Green beans / Fruit Sliced multi grain bread</p> <p>Seafood salad on wheat bread</p>	<p>12 Greek cucumber salad Chicken cordon bleu Rice pilaf w/ mushrooms Mixed vegetables/ Roll Oatmeal raisin cookie</p> <p>Roast Beef on ww roll</p>	<p>13 Minestrone soup BBQ pulled pork sandwich Cole slaw / Orzo salad Roll Cake</p> <p>Turkey on wheat</p>	<p>14 Tomato soup Sausage & pepper sandwich Green bean salad Roasted potato / Wheat roll Jello</p> <p>Egg salad sandwich</p>
<p>17 Vegetable soup Chicken cacciatore Roasted pot. Salad/Mixed vegetable / Roll / Fruit</p> <p>Seafood salad plate</p>	<p>18 Mediterranean rice salad Baked rigatoni w/mini meat- balls / Green beans / Roll Fruit salad</p> <p>Turkey & swiss on rye</p>	<p>19 Chicken soup Meatball & pepper sandwich Roasted pot./ Cucumber cranberry apple salad/ Roll - cookie</p> <p>Tuna salad plate</p>	<p>20 Tomato soup Sloppy joe / 3 – bean salad Chips - roll Cake</p> <p>Chicken sandwich</p>	<p>21 Tossed salad Fruit cup Beef stew / Wheat roll Pudding</p> <p>Ham & cheese on rye</p>
<p>24 Greek cucumber salad Meatball (1) Stuffed shell (1) Mixed veg. / Garlic bread Cake</p> <p>Cobb salad</p>	<p>25 Mushroom barley soup Smothered pork chop w/apples & peppers /Parsley pot./ Fruit Zucchini w/ plum tomato - roll</p> <p>Egg salad on multi grain roll</p>	<p>26 Navy bean soup Liver & onions Mashed potatoes Peas / Watermelon - roll</p> <p>Grilled veggie salad w/chick</p>	<p>27 Minestrone Soup Chicken marsala Roasted brocc. & cauliflower Rice pilaf / Cookie</p> <p>Chicken salad sandwich</p>	<p>28 Fresh fruit w/cottage cheese Open turkey sandwich Stuffing / Cole slaw Wheat roll - pudding</p> <p>Spinach salad w/chicken</p>
<p>31 Vegetable soup Lemon chicken Pot. O'Brien/Sliced carrots Whole Wheat roll - cookie</p> <p>Turkey & Swiss/whole wheat</p>	<div style="border: 1px solid black; padding: 5px;"> <p>SERVING SIZES Grains – 2 ounces Vegetables – ½ cup Fruits – ½ cup Protein – 3 ounces Dairy – 1 cup</p> </div>	<p>\$3.00 Suggested Donation Please call our Dining room 24 hours in advance</p>	<p><u>All menu items may contain</u> nuts, seeds, beans, wheat bran, and other allergens</p>	