

July 2021 *Menu Subject to Change*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday- Belgian Waffle/ Canadian Bacon/ Fruit/ Oatmeal Monday- French Toast/ Sausage/ Fruit/ Oatmeal Tuesday- Scrambled/ Bacon/ Fruit/ Cream of Wheat Wednesday- Continental/Yogurt/Banana/ Oatmeal Thursday- Pancakes/ Bacon/ Cream of Wheat Friday- Omelet/ Hash brown/ Fruit/ Oatmeal Saturday- Breakfast Sand. / Fruit/ Oatmeal		8pm Snack Sunday-Yogurt Monday- Asst. Snacks Tuesday- Cookie Wednesday- Asst. Snack Thursday- Pudding Cup Friday- Asst. Snack Saturday- Ice Cream		1 Chicken Cordon Blue/mashed potatoes/waxed beans/ Regular or Sugar Free fruited Jell-O Beef Pot Pie/Cottage Cheese/Roll/ banana	2 Fish/French Fries/Coleslaw/Roll/Strawberry Shortcake Chicken Patty, Tator Tots, Fruit	3 Cabbage Roll, Cottage Cheese, Reg or SF pudding Sloppy Jo/ Mashed Potatoes/ green beans / Fresh Melon
4 4th of July Dressed Cheeseburger, Mac Salad, Corn on the Cob, Watermelon, Red White and Blue Cake Grilled Cheese, Tomato Soup, Crackers, Fruit	5 Grilled Chicken Caesar Salad with Multi Grain Roll/Reg or SF Oatmeal Raisin Cookie Chicken Parma Sandwich/ 3 Bean Salad /Mandarin oranges	6 Meatloaf with gravy/ baked potato/Squash & zucchini Bake/Reg or SF Vanilla Cake Bologna & Cheese Sandwich/Tomato, Mozzarella pasta salad//Berries in Season	7 Baked Ziti with meat sauce/tossed salad/Roll/ Reg or SF Banana Pudding Turkey Sub with LTO/ Potato Salad/ /grapes	8 Pineapple Chicken/ Rice/Mixed Vegetables/Roll/ Peanut Butter Brownie or SF Brownie Hot Roast Beef & Swiss sandwich/ Pickled Beets/fruit salad	9 Hot Dogs/Baked Beans/Chips/ Watermelon Meatball sub/French Fries/ Peaches	10 Ham BBQ Sandwich/Baked fries/Corn /Regular or Sugar free Jell-O Tuna Pasta Salad /Roll/ banana
11 Roast Turkey w/gravy/Stuffing/Carrots/Roll /Coconut cream pie Rib Sandwich/ Mac Salad/pineapple	12 Taco Salad/Roll/ Reg or SF Chocolate Pudding Hot Meatloaf Sandwich/Mashed Potato/Peas/Mandarin Oranges	13 Scalloped Potatoes with Ham/Mixed Veg /Roll/Reg or SF Choc Cake Chicken Spiedie Sandwich/ Cucumber and tomato salad/Berries in Season	14 Pork Chops & gravy/Mashed Potato/Broccoli/Roll/ Reg or SF Jello Tuna sandwich /Chicken Noodle Soup /pineapple	15 Dressed Cheeseburger/French Fries/Waxed Beans/Brownie Reg or SF Cold Plate with Egg Salad/ Roll/ Cottage Cheese/Fruit Salad	16 Fish Sandwich/ Coleslaw/ Brussel Sprouts Turkey Salad Sandwich /Coleslaw/fruit salad	17 Fried Chicken/ Garlic Mashed potatoes/ Green Beans /Cornbread Muffin/ Reg or SF Blueberry Cake Cheeseburger/Cucumber Salad/Berries in Season
18 Roast Beef w/ Gravy/Mashed Potatoes/Carrots/Roll/Special Dessert Sausage Sandwich W/peppers & onions/Macaroni Salad/pineapple	19 Chef's Salad with /Roll/ Reg or SF Peanut Butter Cookie Hot Turkey Sand. /Corn/ /Mandarin Oranges	20 Pizza/Boneless wings/Tossed Salad. Reg or SF Cherry Cake Tuna Sandwich/ cucumber onion& sour cream /Berries in Season	21 Taco Lasagna/tossed salad/garlic bread /Reg or SF Peanut Butter Cookie Chicken Tenders/tater tots/green beans/ grapes	22 Resident Choice Meal Honey Mustard Chicken/ Rice/ Corn Nuggets/ Apple Pie Ham & Cheese Sub/ Vegetable Soup/ Fruit Salad	23 Grilled Cheese/ Tomato Soup/Regular or SF Pineapple Upside down cake Cheeseburger Pasta Bake /Peas/Roll/ Fresh Melon	24 Stuffed Pepper/Cottage Cheese/Roll/Regular or SF Fruited Jell-o Ham & Cheese Sub/Minestrone Soup/banana
25 Baked Ham with Pineapple / Capri Veg/ Sweet Potato/Roll/ Strawberry Cream Pie or Fresh Fruit Quiche/Tossed Salad/roll/pineapple	26 Goulash/Tossed Salad/Roll/Reg or SF Vanilla Pudding Root Beer Pulled Pork Sand. /Pickled Beets/ Mandarin Oranges	27 Marinated Chicken Legs rice/Cauliflower / Molasses Cookie Beef Pot Pie/Cottage Cheese/grapes	28 Hot Roast Beef sand. / French Fries/ Peas/ Reg or SF Choc. Chip Cookie Egg salad cold plate/roll/pasta salad/ roll/grapes	29 American BLT/ broccoli salad/Reg or SF Jell-O cake Creamed Beef over mashed potatoes/Waxed Beans/ Fresh Melon	30 Baked Fish/potato wedges/Coleslaw/ Reg or SF Ambrosia Salad Hot Dog/ Potato Salad/Baked Beans/banana	31 Chicken BBQ/baked beans/ Corn/ Reg or SF Frosted Cherry Salad Turkey & Cheese Sandwich/Broccoli Soup/ banana