

JULY 2026 – KEENE CHILLED


Monday

Tuesday

Wednesday

Thursday

Friday

1% milk served with all meals		Swedish meatballs 1 Rotini pasta Sliced carrots Green beans Wheat bread Pineapple tidbits	Zucchini egg bake 2 Pasta w/ tomatoes Italian blend vegetables Wheat roll Seasonal fruit	<p>CLOSED NO MEALS SERVED</p>  <p>JULY 3</p>
Chicken tenders 6 BBQ sauce Sweet potatoes Cannellini beans Whole wheat bread Tropical fruit	Salisbury beef 7 Steakhouse sauce Whipped potatoes Green beans & red peppers Wheat bread Apricot halves	Baked chicken breast 8 Cilantro lime sauce Black beans & rice Com O'Brien Whole wheat bread Apple	Beef bowtie lasagna 9 Harvard beets – 6 oz. Italian bread Pineapple tidbits	Sliced turkey breast 10 Tarragon sauce Whipped potatoes Italian blend vegetables Whole wheat bread Peaches
Sweet & sour pork 13 Garden medley rice Green peas w/ mushrooms Whole wheat bread Mandarin oranges	Meatballs 14 w/ honey ginger sauce Home fries Mixed vegetables Whole wheat bread Pears	Pineapple baked ham 15 Mashed spiced yams Brussel sprouts Whole wheat bread Pumpkin chip cookie	Cheese tortellini 16 Alfredo sauce Garlic spinach Carrots Whole wheat bread Cinnamon applesauce	Cape cod chicken salad Three bean salad 17 Pasta salad w/ broccoli Whole wheat bread Mandarin oranges
Philly cheesesteak 20 Macaroni w/ tomatoes Garden blend vegetables Hamburger bun Pears	Riblet 21 Confetti rice Mixed vegetables Whole wheat bread Craisin date cookie	Swedish meatballs 22 Egg noodles Broccoli Whole wheat bread Fruit cocktail	Pork carnitas 23 Pinto beans Cheddar cheese Spanish rice Flour tortilla – 2 each Applesauce	Meatloaf 24 Mushroom gravy Sweet potatoes Summer blend vegetables Whole wheat bread Pineapple tidbits
Orange glaze chicken 27 Rice pilaf Green beans Whole wheat bread Applesauce	Egg salad 28 Carrot raisin salad Pasta salad w/ mix veg Whole wheat bread Apricot halves	Pork fried rice 29 Green beans Cabbage Whole wheat bread Watermelon	Turkey & ham chef salad Kidney bean salad 30 Whole wheat bread Snickerdoodle	Broccoli egg bake 31 Home fries Diced carrots Biscuit Banana