





**For Home Delivered Meals Cancellations call 659-0821**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Roast Beef w/ 1 Gravy Zucchini & Tomato Au Gratin Baby Bakers w/Parmesan Cheese Roll Banana	2 Chicken Tenders Carrot-raisin Salad Lima Beans Biscuit Cantaloupe	3 Ham Broccoli w/Cheese Sauce Cut Yams Roll Blueberry Congealed Salad (D.B. Blueberry Congealed Salad)	4 <b>Closed</b> <b>Independence Day</b> <b>Holiday</b> 	5 Oven-Fried Fish Cole Slaw Scalloped Potatoes Hushpuppies Peach Cobbler (HDM & D.B.-Hot Baked Peaches)
8 Fruit Salad w/Cottage Cheese (Pears, Peaches, Pineapple, Grapes & Strawberries) on Leaf Lettuce Rainbow Rotini Pasta Salad Salad Crackers Sugar Free Fruit Dip	9 Baked Spaghetti Cole Slaw Cheese Toast (HDM-Texas Toast) Hot Spiced Applesauce	10 Turkey, Ham & Swiss Cheese Sand- wich Sliced Tomatoes, Let- tuce, & Sweet Pickles Corn Chips Hamburger Bun Ambrosia Fruit Salad	11 Chicken Pot Pie w/ Mixed Vege- tables Harvard Beets Biscuit Lemon Cake w/Lemon Icing	12 Taco Salad w/Taco Meat & Shredded Cheddar Cheese Diced Tomatoes & Shredded Lettuce Refried Beans Nacho Chips Apple Turnovers (DB- NSA Apple Pie)
15 Diced Chicken Teri- yaki w/Broccoli Sweet Carrots Fried Rice Fortune Cookie	16 Chef Salad w/Turkey, Ham, Cheese, Lettuce, Egg, Cucumber, Onion & Tomato Pickled Beets Macaroni Salad Salad Crackers Peanut Butter Bar	17 Beef-a-Roni Green beans Summer Slaw Cornbread Cookie (D.B.-S.F. Cookie)	18 Pork Loin & Cornbread Stuffing w/Gravy Cabbage Baked Sliced Apples Applesauce Cake	19 Sloppy Joe Steamed Squash w/Onion Copper Pennies Dilled Potatoes Hamburger Bun Pudding (D.B.-S.F. Pudding)
22 Cold Ham & Cheese Sandwich 3-Bean Salad Cold Potato Salad Hamburger Bun Fresh Fruit Salad(DB- S.F. Fruit Salad)	23 Lemon-Pepper Chicken Orange Juice Broccoli, Grape & Green Onion Salad Rice Pilaf w/veggies Roll Oatmeal-raisin Cookie (D.B.-S.F. Cookie)	24 Macaroni & Cheese Okra & Tomatoes Spinach Cornbread Watermelon	25 Country Style Steak w/Gravy Green Beans Fruit Cocktail Mashed Potatoes Biscuit Cake w/Icing	26 Hot Dog w/Chili Corn Baked Beans Hot Dog Bun Hot Peaches (HDM- Cold Peaches)(DB- S.F. Peaches)
29 Roast Beef w/ Gravy Zucchini & Tomato Au Gratin Baby Bakers w/Parmesan Cheese Roll Banana	30 Chicken Tenders Carrot-raisin Salad Lima Beans Biscuit Cantaloupe	31 Ham Broccoli w/Cheese Sauce Cut Yams Roll Blueberry Congealed Salad (D.B. Blueberry Congealed Salad)	<u>Nutrition Site Beverages</u> Whole Milk  Skim Milk Buttermilk  Chocolate Milk Lemonade Tea Coffee 	<b><u>Dining Room Notice</u></b> <b>In order to be sure you</b> <b>will be served lunch,</b> <b>please register by</b> <b>12:00 pm the day be-</b> <b>fore you want to eat.</b> <b>Thank you.</b>
			*DB = Diabetic HDM = Home Delivered Meals S.F. = Sugar Free	