

July Menu

	Sunday 29	Monday 30	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5
Breakfast	breakfast sandwiches melon	scrambled eggs muffins	blueberry pancakes bacon	coffee cake scrambled eggs	breakfast sandwich on croissant	scrambled eggs toast	pancakes berries & whipped cream sausage
Lunch	sweet and sour pork fried rice grilled mixed vegetables	chicken cordon blue (homemade) mixed veggies stuffing	ham mashed pots gravy squash roll	cashew chicken broccoli egg noodles	turkey tetrazzini mixed veg cottage cheese	BBQ! (burgers and dogs)	creamy tuscan chicken spinach roasted potatoes
Dinner	grilled chicken wraps carrot sticks ranch dip	casserole	chicken salad sandwich cranberry sauce pickle	grilled cheese chicken noodle soup	grilled chicken ceasar salad toasted pita chips	egg salad sandwich chips pickle	turkey sandwich doritos

	Sunday 6	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11	Saturday 12
Breakfast	cinnamon roll casserole melons	scrambled eggs danish	parfait danish	breakfast quiche bacon	Loaded Hash Browns	fried eggs toast	french toast sausage
Lunch	marinated porkchops asparagus wild rice roll	turkey meatloaf au gratin potatoes mixed veg	stuffed shells garden salad garlic bread	fried chicken mashed pots corn	pulled pork roasted potatoes apple sauce mixed veg	poached fish mixed veggies quinoa	roasted chicken thighs rice mixed vegetables
Dinner	turkey sandwiches chips	sliders french fries	eggrolls fried rice	grilled chicken salad roll cranberry sauce	meatball sub side ceasar salad (dressed, cruton and cheese only)	turkey club sandwich chips	grilled hot dogs baked beans brown bread

	Sunday 13	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19
Breakfast	scrambled eggs sweet bread	poached eggs toast	egg bake bacon	cheese omelet toast	scrambled eggs muffin	sweet breads berries yogurt	pancakes bacon
Lunch	Mac and cheese with ham broccoli	beef meat loaf baked potato side salad	pork asparagus orzo & spinach	ravioli cream sauce side salad	BBQ chicken OUTSIDE baked potato side salad	fish and chips garden salad	chicken divan broccoli over rice
Dinner	egg salad sandwich pickled beets	ham sandwich chips pickle	chicken patty sandwiches broccoli salad	philly cheese steak french fries	potstickers lo mein	sliders potato salad pickle	seafood salad sandwiches fries pickle

	Sunday 20	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26
Breakfast	scrambled eggs muffin	eggs benedict english muffins ham	scrambled eggs bacon	cinnamon buns scrambled eggs	quiche toast	fried eggs toast	french toast sausage
Lunch	baked ham mashed potato peas & carrots roll deviled egg	roasted butternut squash polenta cakes pork loin	chop suey cottage cheese roll	honey garlic chicken jasmine rice asparagus	creamy garlic porkchops carrots baked potato	Stuffed pepper casserole roasted summer squash and zucchini	swedish meatballs egg noodles mixed veggies
Dinner	turkey sandwich chips pickle	flatbread pizza ceasar salad	fresh corn chowder crackers	ham salad sandwich cottage cheese	White chicken stew corn bread	tuna salad sandwich chips	beef pin wheels in pastry mixed vegetables

	Sunday 27	Monday 28	Tuesday 29	Wednesday 30	Thursday 31	Friday 1	Saturday 2
Breakfast	breakfast sandwiches melon	scrambled eggs muffins	blueberry pancakes bacon	coffee cake scrambled eggs	breakfast sandwich on croissant	scrambled eggs toast	pancakes berries & whipped cream sausage
Lunch	sweet and sour pork fried rice grilled mixed veggies	chicken cordon blue (homemade) mixed veggies stuffing	tortellini pesto sauce mixed veggies cottage cheese roll	cashew chicken broccoli egg noodles	marinated pork chops asparagus wild rice	BBQ! (burgers and dogs)	beef and broccoli stirfry white rice egg roll
Dinner	grilled chicken wraps carrot sticks ranch dip	salmon-pea wiggle over saltines side salad	chicken salad sandwich cranberry sauce pickle	ham and cheese sandwich chips	grilled chicken ceasar salad toasted pita chips	egg salad sandwich chips pickle	turkey sandwich doritos