

SMOW Congregate Menu
July 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Chicken and Sausage Gumbo Rice Green Beans Peas Wheat Bread	7 Ham Salad 3 Bean Salad Broccoli Salad Orange Wheat Bread x2	8 Chicken Florentine With Spinach and onions California Blend Vegetable Wild Rice Jello Wheat Bread	9 Sweet and Sour Pork Corn and Red Peppers Brussle Sprouts Brownie Whole Wheat Dinner Roll	10 HotDog Mustard and Relish Baked Beans Carrots Banana Hot Dog Roll
13 Turkey Ala King Peas, Mushrooms and Pearl Onions Rice Wheat Bread Warmed Peaches	14 Chicken and Orzo Salad Chilled Roasted Vegetables Potato Salad Wheat Bread Diced Peas	15 Ham and Pineapple Mashed Yams 4 way Vegetable Blend Coolie Rye Bread x2	16 Meatball Subs Marinara Sauce Carrot Potato Barrells Banana Pudding Wheat Bread	17 Fish Sticks Red Roasted Potatoes Bean Medley Wheat Bread Cookie
20 Chicken Scampi Red and Green Peppers Cauliflower Steamed Rice Fruit Cup Wheat Bread	21 Turkey and Cheddar Wrap Cole Slaw 3 Bean Salad Four Tortilla Wrap Applesauce	22 Oven Fried Chicken With Gravy Mashed Potatoes Capri Blend Vegetable Wheat Bread Oatmeal Cookie	23 Roast Pork Loin Gravy Baked Potato W/Sour Cream Peas and Carrots Hamburger Roll Watermelon	24 Breakfast Special Tomato Cheddar Fritatta Bacon Pancake Apple sauce
27 Lasagna Marinara Sauce Diced Rutabaga Beets Wheat Bread Applesauce	28 BBQ Shredded Beef Baked Beans Key Largo Blend Vegetable Biscuit Birthday Cake	29 Coconut Lime Chicken White Rice Stir Fry Vegetables Whole Wheat Bread Pineapple	30 Cheeseburgers Baked Beans Corn and Red Peppers Hamburger Roll Pears	31 Chicken Salad Shredded Lettuce Vegetable Rice Salad Carrot Raisin Salad Sandwich Roll Cookie

8 oz whole milk is served with each meal.

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Evening Menu July 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6	Turkey and Cheddar Leaf Lettuce Beet Saald 3 Bean Salad Oatmeal Bread x2 Seasonal Fruit	7 Bologna and Cheddar Cucumber and Tomato Salad Citrus Rise Salad Wheat Bread Jello	8	9 Sloppy Joe Stewed Tomatoes Spinach Hamburger Roll <u>Orange</u>	10 Seafood Salad Spinach Salad Potato Salad Sandwich Roll Cookie
13	Turkey and Cheddar Ranch Wrap Corn and pepper Salad Carrot Salad Flour Tortilla Oatmeal Cookie	14 Tuna Salad Leaf Lettuce Dill Pickle Pasta Salad Coleslaw RyE Bread Fruit	15	16 Ham and Provolone Italian Pasta Salad Beet Salad Wheat Bread Banana	17 BBQ Chicken Salad Lettuce, Tomato 3 Bean Salad Fruit Oatmeal Bread (2)
20	Egg Salad Leaf Lettuce Pea and Cheese Salad Beet Salad HotDog Roll Cookie	21 Greek Salad W/Chicken Red Pepper and Barley Salad Roasted Veggies Dinner roll Orange	22	23 Bologna and Cheddar Citrus Rice Salad Dill Carrot Salad Sandwich Roll Apricots	24 Cuban Sandwich Dill Potato Salad Red Cabbage and Grape Salad Club Roll Banana
27	Ham and Swiss 3 Bean Salad Corn and Red Pepper Salad Wheat Bread Oatmeal Bar	28 Turkey Chef Salad Tortelini Salad Whole Wheat Roll Orange	29	30 Meatball Sub Provolone Cheese Broccoli Slaw Sub Roll Peaches	31 Italian Sandwich Veggie Pasta Salad Cole Slaw Wheat Roll Orange

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