



JULY 2019 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Salad on Lettuce Brown Rice Salad Crackers Applesauce	2 Pizza Quinoa Spinach w/Tomatoes Green Salad Grapes	3 Pork Curry Brown Rice Sweet Potatoes Mixed Vegetables		5 Biscuits & Gravy Muesli w/Berries Hard Boiled Egg Orange Juice
8 Baked Cod Couscous Collard Greens Roll Apple	9 Chicken Taco Black Beans Spanish Rice Sour Cream Shredded Lettuce	10 Breakfast Sandwich Hash Brown Patty Asparagus Mixed Fruit Cottage Cheese	11 Hamburger on a Bun Tater Tots Baked Beans Coleslaw *Great American BBQ at the Center 12- 1	12 Egg Strata Chicken Sausage Spiced Pears Berry Crunch
15 Stuffed Cabbage Mixed Vegetables Cornbread Custard	16 Tuna Noodle Casserole Brussels Sprouts Roll Pea Salad Peaches	17 Egg Salad Sandwich Pineapple Wheat Berry Salad Lettuce and Pickle Cottage Cheese	18 Sausage on Cabbage Roasted Potatoes Scandinavian Veggies Green Salad Spiced Apples	19 Baked Potato w/ Cheese Broccoli Chili Berry Crunch
22 Meatballs w/Gravy Mashed Potatoes Carrots Roll Cookie	23 Beef & Bean Burrito Tomatoes & Mangoes Spanish Rice Mandarin Oranges	24 Chicken Caesar Salad Cottage Cheese Tropical Fruit	25 Spaghetti Green Beans Garlic Bread Green Salad Pudding	26 Turkey Sandwich Corn Salad Tomato and Lettuce Banana
29 Parmesan Chicken Polenta Peas Roll Orange	30 Beef Stir Fry Yakisoba Noodles Bok Choy Egg Roll Carrot Salad Vanilla Wafers	31 Sloppy Joes Potato Wedges Corn & Peppers Strawberries *Birthday Cake from Tanner Springs @ Ctr		