

Frey's Lighter Fare Menu

July-24

July 1	July 2	July 3	July 4	July 5
Antipasta Salad with Italian Dressing Fresh Cantaloupe Tomato and Cucumber Salad Dinner Roll	Tuna Salad Whole Grain Bread Macaroni Salad Cucumber and Onion Salad Fresh Clementine	Chicken Salad Croissant Pepper Slaw Fresh Apple	HOLIDAY HOLIDAY HOLIDAY HOLIDAY	Turkey and Provolone Sandwich Wrap Fresh Watermelon Broccoli Salad Sugar Cookie
July 8	July 9	July 10	July 11	July 12
Honey Mustard Chicken with Lettuce Leaf Sandwich Wrap Broccoli Salad Fresh Apple	Sliced Ham and Swiss on Rye Bread Italian Tomato Salad Mandarin Oranges Sugar Cookie	Chicken Salad Sandwich Wrap Pepper Slaw Fresh Apple	Italian Hoagie with Ham, Salami, Provolone Pepper Slaw Fresh Cantaloupe	Chicken Fajita Wrap Sandwich Wrap Corn and Black Bean Salad Fresh Watermelon Sugar Cookie
July 15	July 16	July 17	July 18	July 19
Ham Salad Croissant Three Bean Salad Fresh Cantaloupe Fresh Apple	Ham, Turkey Swiss Cheese Whole Grain Bread Tomato and Cucumber Salad Mandarin Oranges Baked Custard	Breaded Chicken Bacon Ranch Sandwich with Lettuce Leaf Creamy Cole Slaw Fresh Apple	Chef Salad with Ham, Turkey, Cheese Pimento Spread Crackers Fresh Watermelon	Chicken Craisin Salad Whole Grain Bread Romaine with Dressing Fresh Orange
July 22	July 23	July 24	July 25	July 26
Turkey and Provolone Whole Grain Bread Cinnamon Apples Broccoli Salad Sugar Cookie	Chef Salad with Ham, Turkey, Cheese Fresh Cantaloupe Tomato and Cucumber Salad Dinner Roll	Bacon, Lettuce, Tomato Whole Grain Bread Italian Tomato Salad Creamy Cole Slaw Fresh Apple	Sliced Ham and Swiss Rye Bread Mandarin Oranges Three Bean Salad	Barbeque Chicken Salad Romaine with Corn, Black Beans, and Ranch Corn and Black Bean Salad Fresh Watermelon Tortilla Chips
July 29	July 30	July 31	August 1	August 2
Chef Salad with Ham, Turkey, Cheese Fresh Cantaloupe Pasta Salad Dinner Roll	Ham Salad Croissant Italian Tomato Salad Fresh Apple Baked Custard	Italian Hoagie with Ham, Salami, Provolone Creamy Cole Slaw Fresh Watermelon	Turkey and Swiss Whole Grain Wrap Tomato and Cucumber Salad Fresh Cantaloupe	Fresh Spinach with Breaded Chicken Strips Bacon Dressing Macaroni Salad Fresh Apple