

# Frey's Lighter Fare Menu

# July-22

July 4	July 5	July 6	July 7	July 8
HOLIDAY HOLIDAY HOLIDAY HOLIDAY HOLIDAY	Sliced Ham and Swiss on Rye Bread with Spicy Mustard Three Bean Salad Cinnamon Apples	Crispy Chicken Salad with Lettuce, Sliced Carrots, Bacon, Cheddar Cheese and Blue Cheese Dressing Watermelon Oatmeal Cookie	Waldorf Chicken Salad with Croissant Italian Tomato Salad Fresh Apple	Seafood Salad with Dinner Roll Fresh Spinach with Sweet Dressing Italian Tomato Salad Fresh Orange
July 11	July 12	July 13	July 14	July 15
Ham Salad with Croissant Three Bean Salad Fresh Cantaloupe Fresh Apple	Chef Salad with Ranch and Ham, Turkey, Cheese Pimento with Crackers Fresh Watermelon	Sliced Ham, Turkey, Swiss on Whole Grain Bread Mandarin Oranges Tomato and Cucumber Salad Baked Custard	Greek Salad with Feta Dressing Chicken Salad with Whole Grain Bread Fresh Orange	Chicken Bacon Ranch with Lettuce Leaf on Whole Grain Bread Creamy Cole Slaw Fresh Apple
July 18	July 19	July 20	July 21	July 22
Sliced Ham and Swiss on Rye Bread Mandarin Oranges Italian Tomato Salad Chocolate Chip Cookie	Chicken Salad with Wrap Pepper Slaw Fresh Apple	Italian Hoagie with Ham, Salami, and Provolone Hoagie Roll Pepper Slaw Fresh Cantaloupe	Chicken Fajita with Wrap Corn and Black Bean Salad Fresh Watermelon Chocolate Chip Cookie	Honey Mustard Wrap with Crispy Chicken and Lettuce and Tomato Fresh Apple Broccoli Salad
July 25	July 26	July 27	July 28	July 29
Sliced Ham, Turkey, Swiss with Lettuce and Sliced Tomato on Whole Grain Bread Cinnamon Apples Broccoli Salad	BarBeQue Chicken Salad with Black Beans, Cheese, Corn, Tortilla Chips, and Ranch Dressing Corn and Black Bean Salad Fresh Watermelon	Sliced Ham and Swiss on Rye Bread with Spicy Mustard Mandarin Oranges Three Bean Salad	Bacon, Lettuce, Tomato on Wheat Bread Italian Tomato Salad Creamy Cole Slaw Fresh Apple	Chef Salad with Ranch and Ham, Turkey, Cheese Tomato and Cucumber Salad Fresh Cantaloupe Dinner Roll