

July 7
Cheddar Cheese Omelet
Hot Spiced Peaches
Diced Beets
Fresh Orange
Whole Grain Bread

July 8
Goulash
Green Beans
Glazed Carrots
Apple Sauce

July 9
Sweet and Sour Chicken
Buttered Noodles
Broccoli and Cauliflower
Fresh Peach

July 10
Spaghetti and Meatballs
with Marinara
Buttered Italian Vegetable
Tomato and Cucumber Salad

July 11
Hamloaf with
Pineapple Sauce
Rivera Vegetable Blend
Sweet Potatoes
Oatmeal Applesauce Cake

July 14
Cheeseburger
Hamburger Bun
Molasses Baked Beans
Peas and Carrots
Tropical Fruit Salad

July 15
Chicken Alfredo
Alfredo Noodles
California Vegetable Blend
Fresh Cantaloupe

July 16
Mexican Taco Bowl
Spanish Beans
Mexican Corn
Romaine w/Shredded Cheese
and Taco Sauce
Tortilla Chips

July 17
BarBeQue Chicken
Sandwich Roll
Au Gratin Potatoes
Capri Blend Vegetables
Italian Tomato Salad

July 18
Baked Pizza Pasta Casserole
Glazed Carrots
Broccoli
Fresh Banana

July 21
Pork Barbeque
Sandwich Roll
Macaroni and Cheese
Green and Wax Beans
Creamy Cole Slaw

July 22
Brushetta Chicken
Buttered Noodles
Garlic Spinach
Pineapple
Dinner Roll

July 23
Texas Hot Dog
with Hot Dog Roll
Carrots and Cauliflower
Molasses Baked Beans
Fresh Clementine

July 24
Alpine Hamburger
Sandwich Roll
Harvard Beets
Garlic Butter Beans
Gelatin with Fruit

July 25
Chicken Fajita
Whole Grain Wrap
Buttered Cilantro Rice
Mexican Corn
Cucumber and Onion Salad

July 28
Sausage Link with
Peppers and Onions
Sandwich Roll
Peas and Carrots
Molasses Baked Beans
Peaches

July 29
Creamy Tuscan Chicken
Brown Rice Pilaf
Catalina Vegetable Blend
Tropical Fruit Salad

July 30
Breaded Fish Sandwich
Sandwich Roll
Stewed Tomatoes
Macaroni and Cheese
Creamy Cole Slaw

July 31
Chili Con Carne
Corn Bread
Buttered Vegetable Blend
Fresh Grapes

August 1
Chicken Ala King
Buttered Noodles
Lemon Pepper Vegetables
Fresh Watermelon
Dinner Roll