



Soup with Turkey Sandwich:

July 5-6 Cream of Potato
July 7-8 Chicken Noodle

July 18-19 Vegetable Beef
July 20-22 Cream of Broccoli

Salads:

July 1 July 26-29
July 11-15

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Suggested donation \$3/meal</p>	<p>Low fat milk (12) is provided with each meal</p>	<p>Number in parentheses represent carbohydrate count</p>	<p>Menu subject to change</p>	<p>1 Beef Hot Dog with Fresh Bun (17) Country Style Baked Beans (32) Seasoned Potato Wedges (18) Unsweetened Applesauce (14)</p>
<p>4 No Meal</p>  <p>Independence Day</p>	<p>5 Spaghetti with Meat Sauce (25) Green Beans (02) Garden Green Salad (02) Fresh Garlic Roll (15) Seasonal Fruit Crisp (67)</p>	<p>6 Homemade Meatloaf (3) Garlic Mashed Potatoes & Gravy (30) Roasted Corn (14) Fresh Baked Roll (15) Orange (22)</p>	<p>7 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Seasoned Green Beans (02) Fresh Baked Roll (16) Mandarin Oranges (11)</p>	<p>8 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Diced Peaches (18)</p>
<p>11 Swedish Meatballs (39) Rice Pilaf (21) Carrots (06) Sliced Peaches (18) Fresh Baked Roll (16)</p>	<p>12 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (19)</p>	<p>13 Honey Baked Ham (00) Scalloped Potatoes (13) Diced Beets (06) Fresh Corn Bread (33) Applesauce (08)</p>	<p>14 Garlic Roasted Beef Round (00) Herb Roasted Baby Potatoes (15) Peas (11) Mixed Fruit Cocktail (08) Fresh Baked Roll (16)</p>	<p>15 BBQ Chicken (03) Au Gratin Potato (19) Seasoned Green Beans (02) Diced Peaches (18) Fresh Baked Roll (16)</p>
<p>18 Creamed Chicken over White Rice (30) Seasoned California Blend Vegetables (18) Fresh Baked Rolls (16) Pineapple Tidbits (07)</p>	<p>19 Broiled Bratwurst with Fresh Baked Hoagies (17) Sauerkraut (04) Mixed Fruit and Jell-O Cup (09) Brownie (23) Roasted Corn (14)</p>	<p>20 Teriyaki Chicken Bowl (08) Steamed Rice (21) Steamed Broccoli (04) Banana (27) Fresh Baked Roll (15)</p>	<p>21 Savory Chicken Salad Wrap (18) Potato Salad (20) Kosher Pickle Spears (00) Diced Pears (19)</p>	<p>22 Sloppy Joe (03) Fresh Baked Bun (15) Mustard Potato Salad (19) Pork and Beans (25) Navel Orange (22)</p>
<p>25 No Meal- Pioneer Day (observed)</p> 	<p>26 Salisbury Steak (05) Loaded Potatoes Casserole (22) Steamed Beets (06) Cottage Cheese and Fruit Cup (12) Fresh Baked Roll (15)</p>	<p>27 Chicken Parmesan with Basil Marinara Sauce and Spaghetti (30) Seasoned Green Beans (02) Cinnamon Apple Crisp (67) Fresh Baked Roll (15)</p>	<p>28 Fish Filets with Tartar Sauce (15) Potato Wedges (18) Corn (14) Fresh Orange (12) Fresh Baked Roll (16)</p>	<p>29 Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (25) Crinkle Cut Carrots (06) Fresh Baked Roll (15) Mandarin Oranges (11)</p>