

July



Week 5	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Saturday 11	Sunday 12
Soup	* Tomato Vegetable	Beef Vegetable	Hamburger Soup	Tortellini Soup	PICNIC DAY!	* Pasta Fagioli	Chefs Choice
Entrée 1	* Turkey Cranberry & Brie Wrap	Crispy Chicken Caesar Salad	Fresh Fruit Plate with Yogurt	Roast Beef Wrap	Hot Dogs Chips & Pop	* Egg Salad Sandwich	Scrambled Eggs & Bacon
side	House Salad	Scone	Muffin	French Fries	0	House Salad	Hashbrowns & Fruit
Entrée 2	Black Forest Ham & Swiss Sandwich	* Tuna Salad Sandwich	BBQ Pulled Chicken Grilled Cheese Sandwich	Cod Bites & Fries Tartar	0	* Baked Beans & Weiners	Pastrami on Rye with Grainy Mustard Aioli
Side	House Salad	Potato Salad	Sweet Potato Fries	0	0	Toast	Coleslaw
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts
Dinner							
Appetizer	* Waldorf Salad	Shrimp Spring Roll	House Salad	Spinach & Mandarin Salad Asian Sesame	Caesar Salad	Pea Salad	* Creamy Broccoli & Cauliflower
Entrée 1	Lemon Garlic Chicken Thighs	Spaghetti & Meat Sauce	Veal Parmesan	Herb & Garlic Chicken Breasts	Shrimp Scampi Penne	Butter Chicken Naan Bread	Lasagna
Side	Mashed Potatoes	House Salad	Mashed Potatoes	Roasted Potatoes	Garlic Bread	Rice Pilaf	Caesar
Entrée 2	Sweet & Sour Meatballs	* Teriyaki Salmon Pineapple Slice	Chicken Cordon Bleu Casserole	Rockfish with Crab & Old Bay Cream Sauce	Beef Bulgogi	Grilled Lime & Garlic Jumbo Shrimp Cilantro Butter	Glazed Ham with Brown Sugar Orange and 5 Spice
Side	Steamed Rice	Basmati Rice	Mashed Potatoes	Roasted Potatoes	Steamed Rice	Rice Pilaf	Scalloped Potatoes
Vegetable	Balsamic Roasted Beets	Buttered Corn	Seasoned Peas	Zucchini	Sauteed Bok Choy	Seasoned Peas	Roasted Corn
Vegetable	French Green Beans	Asparagus	* Yellow Beets	Diced Carrots	* Broccoli	* Cauliflower	Brussels Sprouts
Dessert	Boston Cream Pie	Rice Pudding	Pear Crisp	Chocolate Cream Pie	Cherry Cobbler	Ice Cream & Cookies	Assorted Desserts

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local

Breakfast - Daily menu choices - Eggs Various preparations, Cereal, Fresh Fruit, Yogurt, Granola, Juice, Milk, Coffee and Tea