



JULY MENU 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>1 Breakfast Oatmeal, Pancake, Bacon Lunch Shepherd's Pie, Corn Muffin Dinner Tuna Salad Plate, Lettuce & Tomato, Super Slaw, Roll</p>	<p>2 Breakfast Cream of Wheat, Hard Boiled Egg, Donut Lunch Lemon Chicken, Oven Browned Potatoes, Asparagus Dinner Haddock Florentine, Carrots, Mashed Potato</p>	<p>3 Breakfast Oatmeal, Western Soufflé, Hash Brown Potatoes Lunch Hamburger or Cheeseburger, Peppers & Onions, Bowtie Pasta Salad Dinner Sweet Ah-So Pork, Asian Vegetables, Brown Rice</p>	<p>4 Breakfast Banana, Cream of Rice, French Toast, Bacon Lunch Roast Turkey Dinner, Butternut Squash, Mashed Potato, Stuffing, Cranberry Sauce Dinner Chicken Salad In A Hot Dog Roll, Mandarin Orange Salad, Potato Salad</p>	<p>5 Breakfast Mayo, Ham & Cheese Egg Croissant Lunch Baked Haddock, Rice Pilaf, Broccoli Dinner Macaroni & Cheese, Stewed Tomatoes</p>	<p>6 Breakfast Cream of Wheat, Cheesy Scramble, Toast Lunch Spaghetti w/ Meat Sauce, Zucchini, Italian Bread Dinner Seafood Salad On A Bed Of Lettuce, White Bean Asparagus Salad, Potato Salad</p>	<p>7 Breakfast Oatmeal, Pancake, Sausage Lunch Roast Beef w/Gravy, Baked Potato, Green Beans Dinner Chicken Teriyaki, Jasmine Rice, Asian Vegetables</p>
<p>8 Breakfast Cream of Rice, Vegetable Soufflé, Hash Browns Lunch Chicken & Asparagus over Gemelli Pasta w/Ricotta Cream Sauce Dinner Stuffed Cabbage, Scalloped Potatoes</p>	<p>9 Breakfast Mayo, Egg Scramble, English Muffin Lunch Chicken Parmesan w/Penne Pasta, Italian Vegetables, Bread Stick Dinner Haddock Racheal Sandwich, Tater Tots, Watermelon</p>	<p>10 Breakfast Oatmeal, Pancakes w/Strawberry Topping Lunch Beef Tips, Spinach Salad, Pasta Salad Dinner Shrimp Scampi, Broccoli, Couscous</p>	<p>11 Breakfast Cream of Wheat, Scrambled Egg, Toast Lunch Meatloaf w/ Gravy, Mashed Potato, Green Beans Dinner Turkey Divan, Brown Rice, Cauliflower</p>	<p>12 Breakfast Oatmeal, Fried Egg, Corned Beef Hash, Toast Lunch Baked Haddock, Rice Pilaf, California Vegetables Dinner Ham Salad over Mixed Greens, Cucumber & Tomato Salad w/Feta Cheese, Pita Bread</p>	<p>13 Breakfast Cream of Rice, Pepper & Onion Scramble, Croissant Lunch Macaroni & Cheese, Stewed Tomatoes Dinner Seafood Cakes w/Remoulade Sauce, Rainbow Peppers</p>	<p>14 Breakfast Mayo, Pumpkin Pancakes, Sausage Lunch Greek Chicken w/Lemon, Oregano & Black Olives, Barley Pilaf, Green Beans w/Red Peppers Dinner Ziti Casserole w/Cheese & Ground Beef, Garlic Bread, Zucchini</p>
<p>15 Breakfast Oatmeal, Cheesy Scramble, Toast Lunch Turkey Tips, Broccoli, Mashed Potatoes Dinner Pepper Steak over Rice, Spinach</p>	<p>16 Breakfast Cream of Wheat, Hay Stack Eggs Lunch Shepherd's Pie, Zucchini Dinner Chicken Fingers, French Fries, New Brunswick Vegetables</p>	<p>17 Breakfast Mayo, Pancakes & Syrup, Bacon Lunch Grilled Marinated Chicken, Couscous Salad, Watermelon Dinner Cheese Ravioli w/Tomato Sauce, Roasted Eggplant</p>	<p>18 Breakfast Oatmeal, Vegetable Quiche Lunch Beef Tips, Sweet Potatoes, Italian Green Beans Dinner Chicken Tortilla Casserole, Summer Squash</p>	<p>19 Breakfast Cream of Rice, Pancakes w/Apple Compote, Sausage Lunch Baked Haddock, Asparagus, Baked Potato Dinner Korean BBQ Meatloaf, Coleslaw, Cucumber Slices</p>	<p>20 Breakfast Cream of Wheat, Egg and Cheese Croissant Lunch Turkey Florentine w/Supreme Sauce, Baked Sweet Potato Dinner Beef Broccoli Stir Fry w/Lo Mein</p>	<p>21 Breakfast Oatmeal, Egg & Vegetable Soufflé, Toast Lunch Roast Pork w/ Apple Sauce, Red Skin Potatoes, Baby Carrots, Applesauce Dinner Chicken Salad, Macaroni Salad, Marinated Vegetables</p>
<p>22 Breakfast Mayo, Banana Pancakes, Bacon Lunch Chicken Marsala, Oven Browned Potatoes, Green Beans Dinner Pasta Alfredo w/Cheese, Italian Blend Vegetables, Garlic Bread</p>	<p>23 Breakfast Cream of Rice, Scrambled Egg w/Baked Ham Lunch Stuffed Cabbage, Mashed Potatoes Dinner Roast Turkey on Toast Points w/Gravy, Squash, Cranberry Sauce</p>	<p>24 Breakfast Oatmeal, Hash Browned Potatoes, Hard Boiled Egg Lunch BBQ Beef, Lo Mein Salad, Superslaw Dinner Vegetable Quiche, Fruit Salad</p>	<p>25 Breakfast Cream of Wheat, French Toast, Bacon Lunch Veal Cutlet, Prince Edward Blend Vegetables, Mashed Potatoes Dinner Sesame Chicken, Vegetable Brown Rice</p>	<p>26 Breakfast Mayo, Bacon & Cheese Quiche Lunch Baked Haddock, Italian Blend Vegetables, Sweet Potato Dinner Meatloaf w/Gravy, Mashed Potatoes, Vegetable of the Day</p>	<p>27 Breakfast Oatmeal, Blueberry Waffle Lunch Italian Sausage Sauce Over Spaghetti, Green Beans, Garlic Bread Dinner Lemon Sage Chicken Thighs, Baby Carrots, Parsley Potatoes</p>	<p>28 Breakfast Cream of Rice, Cheesy Egg Scramble, Toast Lunch London Broil, Brussel Sprouts, Couscous Dinner Fish Sandwich, Coleslaw, Potato Tots</p>
<p>29 Breakfast Oatmeal, Pancake, Bacon Lunch Shepherd's Pie, Corn Muffin Dinner Tuna Salad Plate, Lettuce & Tomato, Super Slaw, Roll</p>	<p>30 Breakfast Cream of Wheat, Hard Boiled Egg, Donut Lunch Lemon Chicken, Oven Browned Potatoes, Asparagus Dinner Haddock Florentine, Carrots, Mashed Potato</p>	<p>31 Breakfast Oatmeal, Western Soufflé, Hash Brown Potatoes Lunch Hamburger or Cheeseburger, Peppers & Onions, Bowtie Pasta Salad Dinner Sweet Ah-So Pork, Asian Vegetables, Brown Rice</p>				

