

JULY 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>1 Breakfast Oatmeal, Vegetable Soufflé, Hash Browns Lunch Chicken ala King, Rice Pilaf, Broccoli Dinner Meatloaf, Sweet Potatoes, Prince Edward Vegetables</p>	<p>2 Breakfast Mayo, Scrambled Egg, English Muffin Lunch Bratwurst, Sauerkraut, Red Skin Potatoes Dinner Stuffed Cabbage, Scalloped Potatoes</p>	<p>3 Breakfast Oatmeal, Pancakes w/Strawberry Topping Lunch Beef Tips, Spinach Salad, Whole Wheat Pasta Salad Dinner Shrimp Fajita over Rice with Peppers & Onions</p>	<p>4 Breakfast Cream of Wheat, Scrambled Egg, Blueberry Muffin Lunch Roast Pork w/ Gravy, Stuffing, Green Beans Dinner BBQ Turkey Tips, Brown Rice, Broccoli</p>	<p>5 Breakfast Oatmeal, Fried Egg, Corned Beef Hash, Toast Lunch Baked Haddock, Rice Pilaf, California Mix Vegetables Dinner Orange Chicken, Brown Rice, Asian Vegetables</p>	<p>6 Breakfast Cream of Wheat, Pepper & Onion Scrambled Eggs, Croissant Lunch Macaroni & Cheese, Stewed Tomatoes Dinner Garlic Ginger Pork, Lo Mein, Asian Vegetables</p>	<p>7 Breakfast Mayo, Pumpkin Pancakes, Sausage Lunch Greek Chicken, Rice Pilaf, Green Beans w/Red Peppers Dinner Pasta with Meat Sauce, Zucchini</p>
<p>8 Breakfast Oatmeal, Cheesy Scramble, Toast Lunch Jerk Chicken, Corn, Rice Dinner Pizza, Honeydew Cucumber Salad</p>	<p>9 Breakfast Mandarin Orange, Cream of Wheat, Hay Stack Eggs Lunch Shepherd's Pie, Stewed Tomatoes Dinner Herbed Chicken, Potato Wedges, New Brunswick Vegetables</p>	<p>10 Breakfast Mayo, Pancakes & Syrup, Bacon Lunch Italian Sausage, Couscous Salad, Watermelon Dinner Ravioli w/Tomato Sauce, Roasted Eggplant</p>	<p>11 Breakfast, Oatmeal, Vegetable Quiche Lunch Meatballs Rice Pilaf, Green Beans Dinner Chicken Parmesan, Italian Blend Vegetables, Penne Pasta</p>	<p>12 Breakfast Cream of Wheat, Pancakes w/Apple Compote, Sausage Lunch Baked Haddock, Asparagus, Sweet Potato Dinner Baked Ham, Scalloped Potatoes,</p>	<p>13 Breakfast Watermelon, Mayo, Cheesy Egg Scramble Lunch Turkey Vegetable Casserole, Biscuit Dinner: Shrimp Scampi, Broccoli, Penne Pasta</p>	<p>14 Breakfast Oatmeal, Egg & Vegetable Soufflé, Toast Lunch Roast Pork, Red Skin Potatoes, Carrots, Applesauce Dinner Chicken Tenders, Cauliflower and Broccoli Mix, Waffle Fries</p>
<p>15 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>16 Breakfast Cream of Wheat, Scrambled Egg w/Baked Ham Lunch Stuffed Cabbage, Mashed Potatoes Dinner Roast Turkey, Oven Browned Potatoes, Squash, Cranberry Sauce</p>	<p>17 Breakfast Oatmeal, Hash Brown Potatoes, Hard Boiled Egg Lunch BBQ Beef, Potato Salad, Superslaw Dinner Chicken Terriyaki, Broccoli, Sweet Potato</p>	<p>18 Breakfast Cream of Wheat, French Toast, Bacon Lunch Roast Pork with Gravy, Prince Edward Blend Vegetables, Mashed Potatoes Dinner Sesame Chicken Brown Rice, Vegetable Blend</p>	<p>19 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>20 Breakfast Oatmeal, Pancakes Lunch Hot Dog in a Roll, Baked Beans, Coleslaw Dinner Lemon Sage Chicken Thighs, Baby Carrots, Parsley Potatoes</p>	<p>21 Breakfast Cream of Wheat, Cheesy Egg Scramble, Toast Lunch Flank Steak, Brussel Sprouts, Couscous Dinner Macaroni & Cheese, Stewed Tomatoes</p>
<p>22 Breakfast Oatmeal, Pancake, Bacon Lunch Shepherd's Pie, Corn Muffin Dinner Tuna Salad Plate, Tomato Slices, Super Slaw, Pita Bread</p>	<p>23 Breakfast, Cream of Wheat, Hard Boiled Egg, Donut Lunch Lemon Chicken, Oven Browned Potatoes, Asparagus Dinner Haddock Florentine, Carrots, Scalloped Potato</p>	<p>24 Breakfast Oatmeal, Western Soufflé, Hash Brown Potatoes Lunch Hamburger or Cheeseburger, Peppers & Onions, Bowtie Pasta Salad Dinner Sweet & Sour Pork, Asian Vegetables, Brown Rice</p>	<p>25 Breakfast Mayo, French Toast, Bacon Lunch Roast Turkey Dinner, Butternut Squash, Mashed Potato, Stuffing, Cranberry Sauce Dinner Honey Mustard Chicken, Oven Browned Potatoes, Cape Cod Vegetables</p>	<p>26 Breakfast Oatmeal, Ham & Cheese Egg Croissant Lunch Baked Haddock, Rice Pilaf, Broccoli Dinner Macaroni & Cheese, Stewed Tomatoes</p>	<p>27 Breakfast Cream of Wheat, Cheesy Egg Scramble, Danish Pastry Lunch Hot Dogs, Baked Beans, Coleslaw, Brown Bread Dinner Pizza & Squash</p>	<p>28 Breakfast Oatmeal, Pancake, Sausage Lunch Pot Roast, Sweet Potato, Green Beans Dinner Chicken Teriyaki, Jasmine Rice, Asian Vegetables</p>
<p>29 Breakfast Oatmeal, Vegetable Soufflé, Hash Browns Lunch Chicken ala King, Rice Pilaf, Broccoli Dinner Meatloaf, Sweet Potatoes, Prince Edward Vegetables</p>	<p>30 Breakfast Mayo, Scrambled Egg, English Muffin Lunch Bratwurst, Sauerkraut, Red Skin Potatoes Dinner Stuffed Cabbage, Scalloped Potatoes</p>	<p>31 Breakfast Oatmeal, Pancakes w/Strawberry Topping Lunch Beef Tips, Spinach Salad, Whole Wheat Pasta Salad Dinner Shrimp Fajita over Rice with Peppers & Onions</p>				

