



July

2023 Breakfast Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	2					1 Scrambled Eggs
2 Western scrambled eggs Muffins	3 Yogurt Bowls w/ Red Raspberries Hot Oatmeal/Bagels Ham	4 Hard Boil Egg Pancakes/ Sausage	5 Daylight Donuts Yogurt Bowls w/ Scrambled eggs Sausage Patty	6 Biscuits/ Gravy	7 Fried Eggs French Toast/Bacon	8 Omelets
9 Fried Eggs Caramel rolls	10 Yogurt Bowls w/ Blueberries Hot Oatmeal bacon	11 Hard Boil Egg Pancakes/ Sausage	12 Yogurt Bowls w/ Fresh Fruit omelets/ Sausage Patty	13 Biscuits/ Gravy	14 Fried Eggs French Toast/Bacon	15 Boiled Eggs Sausage
16 Fiesta Scrambled Eggs Muffins	17 Yogurt Bowls w/ Red Raspberries Hot Oatmeal/Bagels ham	18 Hard Boil Egg Pancakes/ Sausage	19 Yogurt Bowls w/ Fresh fruit Scrambled eggs/ ba- con	20 Biscuits/ Gravy	21 Fried Eggs French Toast/Bacon	22 Omelets
23 Scrambled eggs Cinnamon rolls	24 Yogurt Bowls w/ Blackberries Hot Oatmeal Bacon	25 Hard Boil Egg Pancakes/ Sausage	26 Yogurt Bowls w/ Fresh Fruit omelets/ Sausage Patty	27 Biscuits/ Gravy	28 Fried Eggs French Toast/Bacon	29 Scrambled Eggs
30 Fried Eggs Muffins	31		Continental Items served every day: Cranberry/OJ ~ Cold Cereal ~ Fruit ~banana~ Toast		Substitutions may occur due to delivery is- sues	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 	26	27 	28	29 	30	1 Hamburger or Cheeseburger on Bun Sweet Potato Puffs (A) Shredded Tossed Salad/Dressing Angel Food Cake w/Fruit (FR)
2 Hawaiian Meatballs Garden Blend Rice Creamy Cole Slaw Fruit Salad	3 BBQ Riblets Baked Beans Parried Carrots (A) Canned Peaches	4 Ham & Cheese Sandwich Homemade Macaroni Salad Fresh Fruit	5 Cheesy Potato Soup Cottage Cheese Garnish: Tomato Slice Ice Cream Sandwich Baked Bread	6 Chicken & Noodle Casserole Creamy Cucumber Salad Easy Lemon Cheesecake Bar	7 Breaded Chicken Breast on Bun Marinated Carrots (A) Cookie	8 Waffle Bar Sausage Links Fresh Cut Fruit
9 (or) Chef's Salad Bread Stick Chocolate Chip Cookie	10 Ham & Potato Au Gratin Marinated Slaw Bundt Cake	11 French Dip Beef Sandwich Tater Tots Onion & Pickle Slice Spiced Peaches	12 (OR) Chicken Noodle Soup Homemade Bread Creamy Cucumber Salad Vanilla Pudding	13 Beef Stew Biscuit Cookie	14 Egg Salad on Croissant Cottage Cheese Fresh Vegetable Plate Goopy Butter Cookies	15 Beef Soft Taco with Lettuce/Cheese/Tomato Cheesy Spanish Rice Refried Beans Mandarin Oranges
16 Tater Tot Casserole Green Beans Cookie	17 Open Faced Roast Beef Sandwich Mashed Potatoes & Gravy Pineapple Chunks	18 Baked Chicken with Onion Gravy Garlic Mashed Potatoes Buttered Peas Chocolate Mousse Bread/Margarine	19 Homemade Tomato Soup Classic Grilled Cheese Sandwich Veggie Plate Ice Cream Drumstick	20 Baked Spaghetti Italian Chopped Salad Garlic Bread Fresh Fruit Cup	21 Chicken Strips Steak Fries Dill Buttered Carrots (A) Banana Pudding	22 French Toast Baked Hash Brown Patty Sausage Patty Baked Apple Slices
23 Chicken Caesar Salad Cheesy Bread Stick Diced Pears	24 Beef Pot Pie Chopped Tossed Salad Scotchardoo	25 Cheese Tortellini w/ Meat Sauce Wax Beans Bread Stick Chocolate Pudding	26 Homemade Tomato Soup Classic Grilled Cheese Sandwich Veggie Plate Assorted Ice Cream	27 Open Faced Roast Beef Sandwich Mashed Potatoes Mandarin Blend Vegetables Cranberry Fluff (FR)	28 Shrimp & Vegetable Pasta w/Tomato Pesto Sauce Country Green Beans with Bacon & Onion Fruited Gelatin	29 Pulled Pork on Bun Fresh Potato Wedges Side Salad Mandarin Oranges
30 Chicken Salad Croissant Mandarin Beet Salad Cookie	31 Pork Medallions Pork Gravy Homemade Mashed Potatoes Baby Carrots	1	2	3	4	5

Supper

Milk available at every meal
Substitutions may occur due to delivery issues

July	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			23 Dinner	29 	30	1 Egg & Sausage Quiche Cheesy Hashbrown Casserole Collage Cheese/Pineapple Salad Baked Muffin Butterscotch Pudding
2 Pork Roast Buttered Corn Baked Potato Grape Salad Banana Pudding Cake	3 Meatloaf with Ketchup Glaze Baby Red Potatoes Brussel Sprouts Seven Layer Salad Brownie Dinner Roll	4 Hot Dog Chips Coleslaw Creamy Potato Salad Watermelon	5 Chicken Fried Steak w/Country Gravy Homemade Mashed Potatoes French Style Green Beans Copper Penny Salad (A) Dinner Roll/Margarine Sour Cream Raisin Bars	6 Fried Chicken Parmesan Garlic Roasted Potatoes Peas & Carrots (A) Apple Cabbage Salad Dinner Roll Cappuccino Mousse	7 Beef Liver & Onions (A) **Hamburger Mashed Potatoes Scalloped Corn Bean Salad Dinner Roll Ice Cream Sundae	8 French Onion Pork Chop Baked Potato Buttered Peas Broccoli & Tomato Salad Dinner Roll Cherry Gelatin Parfait
9 Roast Turkey Twice Baked Potato Chuckwagon Corn Alma's Veggie Salad Dinner Roll Pineapple Upside Down Cake	10 Homemade Salisbury Steak Mashed Potatoes & Brown Gravy Buttered Carrots (A) Bacon Ranch Pasta Salad Dinner Roll (or) ice Cream	11 Chicken Alfredo Seven Layer Salad Green & Wax Bean Combo Garlic Bread Banana Pudding	12 Swedish Meatballs With Sauce Buttermilk Mashed Potatoes Peas Pineapple & Carrot Slaw Mock Pecan Pie	13 Autumn Pork Roast (Apple Glaze) Mashed Sweet Potatoes (A) Mixed Vegetables Creamy Fruit Salad Chocolate Ice Cream	14 (or) Chicken Nuggets Green Beans Macaroni & Cheese Italian Tossed Salad Apple Cobbler	15 Deluxe Hamburger Potato Chips Savory Baked Beans Creamy Potato Salad Angel Food Cake w/Fruit (FR)
16 Beef Pot Roast Mashed Potatoes & Gravy Wax Beans Dinner Roll/Margarine Collage Cheese w/Fruit (FR) Plate Strawberry Shortcake	17 Aloha Chicken Baked Potato Butternut Squash Pineapple Orange Salad Hawaiian Roll/Margarine Cherry Cheesecake Bar	18 Country Style BBQ Ribs Cheesy Mashed Potatoes Buttered Corn Poppy Seed Spinach Salad w/Strawberries/Almonds(A) Combread Autumn Fruit Crumble (FR)	19 Chopped Steak w/Peppers & Onions (or) Sun Buttermilk Mashed Potatoes Tossed Green Salad Boston Cream Pie	20 Bruschetta Chicken Steamed/Sautéed Cabbage Crunchy Pea & Cauliflower Salad Perslied Buttered Potatoes Strawberry Pretzel Dessert Homemade Bread	21 Chopped Steak w/Cream of Mushroom Soup Corn & Peas Garlic Mashed Potatoes Cucumber & Tomato Salad Fresh Fruit Cup	22 Pork Steak Washed Potatoes Stewed Tomatoes Collage Cheese Salad Dinner Roll Cranberry Crumb Bar
23 Baked Honey Glazed Ham Candied Sweet Potatoes w/ Marshmallow (A) Bitter Bean Casserole Fruit Salad Cherry Cheesecake Dinner Roll	24 Beef Lasagna California Blend Vegetables Mellon Pasta Salad Egg Roll Fresh Fruit Cup	25 Pork Loin with Gravy Baked Potato Spinach Tossed Salad Bacon Dressing Squash Ice Cream Sundae Dinner Roll	26 Chicken & Dumplings Italian Blend Vegetables (A) Pineapple Orange Salad Apple Pie Ala Mode	27 Beef Stir Fry Beef Fried Rice Stir Fry Vegetables Frosted Donut	28 Baked Chicken Breast Crunchy Pea & Cauliflower Salad Breaded Rib Casserole Caramel Cake w/ Orange Cheese Frosting Dinner Roll	29 Oven Roasted Turkey with Gravy Biscuit Cranberry Compote Baked Beans Frosted Spice Cake
30 Beef Pot Roast Baked Fresh Sweet Potato Steamed Cauliflower Cherry Whip Fruit Salad Dinner Roll/Margarine Cherry Cheesecake Bar	31 Beef Stroganoff Over Egg Noodles Broccoli with Cheese Sauce (A) Dinner Roll Caesar Salad Tapioca Pudding					5