

July 31st – August 6th, 2022



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE OATMEAL COLD CEREAL TOAST PASTRY FRUIT	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE/BACON OATMEAL COLD CEREAL TOAST PASTRY FRUIT	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE OATMEAL COLD CEREAL TOAST PASTRY FRUIT	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE/BACON OATMEAL COLD CEREAL TOAST PASTRY FRUIT	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE OATMEAL COLD CEREAL TOAST PASTRY FRUIT	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE/BACON OATMEAL COLD CEREAL TOAST PASTRY FRUIT	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE OATMEAL COLD CEREAL TOAST PASTRY FRUIT
L U N C H	ROAST PORK LOIN HERB GRAVY MASHED POTATO ITALIAN VEGETABLE STRAWB/RHUBARB PIE <u>ALTERNATE ITEMS:</u> BEEF TENDERKNIT PEAS ANYTIME MENU OPTION	*HM CHICKEN CHOP - SUEY BUTTERED RICE EGG ROLL SWEET SOUR SAUCE COOKIES & CREAM <u>ALTERNATE ITEMS:</u> BREADED FISH CARROTS ANYTIME MENU OPTION	STROGANOFF - MEATBALLS EGG NOODLES ZUCCHINI SQUASH CREAM PUFFS <u>ALTERNATE ITEMS:</u> CHICKEN BEETS ANYTIME MENU OPTION	MANDARIN - CHICKEN SALAD CROISSANT MELON LETTUCE & TOMATO BERRY CHEESECAKE <u>ALTERNATE ITEMS:</u> VEGETABLE LASAGNA GREEN BEANS ANYTIME MENU OPTION	CABBAGE ROLLS GARLIC MASHED BUTTERED CORN PEACH COBBLER with TOPPING <u>ALTERNATE ITEMS:</u> PORK CHOP PEAS ANYTIME MENU OPTION	LEMON PEPPER - TILAPIA TARTAR SAUCE LEMON SLICE BABY BAKER POTATO SEASONED BROCCOLI ICE CREAM TREAT <u>ALTERNATE ITEMS:</u> SALISBURY STEAK CARROTS ANYTIME MENU OPTION	MEAT LASAGNA PACIFIC BLEND VEG. DINNER ROLL FRUIT STRUDEL BITES <u>ALTERNATE ITEMS:</u> PORK TENDERKNIT WAX BEANS ANYTIME MENU OPTION
D I N N E R	CHIPPED BEEF OVER BUTTERMILK BISCUIT GREEN BEANS SLICED PEACHES <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	GRILLED HAM & SWISS ON MARBLE RYE GREEN PEA SALAD DILL PICKLE SWEET CHERRIES <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	*HM CORN CHOWDER CRACKERS HONEY BRAN MUFFIN VEG. COTTAGE CHEESE RASPBERRY SHERBET <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	*HM BEEF FRIED RICE CORNBREAD JELLO DELIGHT <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	CHICKEN PATTY/BUN SEASONED MAYO SWEET POTATO TOTS BUTTERSCOTCH- PUDDING <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	*HM MINISTRONE - SOUP CRACKERS GRILLED CHEESE- SANDWICH SLICED PEARS <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	BBQ SHRED BEEF/BUN PASTA SALAD SWEET PICKLE SLICES CHOC. MARBLE ICE - CREAM <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION

MENU SUBJECT TO CHANGE

*HM: HOMEMADE

AVERAGE DAILY MENU: 2-4 gm SODIUM/DAY 45-60 gm CARBS/MEAL