

July 14 — July 20, 2024

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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B 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 OATMEAL COLD CEREAL TOAST PASTRY FRUIT	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE OATMEAL COLD CEREAL TOAST PASTRY FRUIT	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE OATMEAL COLD CEREAL TOAST PASTRY FRUIT	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE OATMEAL COLD CEREAL TOAST PASTRY FRUIT	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE OATMEAL COLD CEREAL TOAST PASTRY FRUIT	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE OATMEAL COLD CEREAL TOAST PASTRY FRUIT
LUNCH	SLICED HAM WITH PINEAPPLE GLAZE POTATO CHEESEBAKE BUTTERED PEAS STRAWB RHUB PIE	SPINACH ALFREDO- LASAGNA ROLL UP SUNSHINE CARROTS GARLIC TOAST MONSTER COOKIE- CAKE	APRICOT MEATBALLS SEASONED MINI- BAKER POTATOES VEGETABLE BLEND SCOTCHAROOS	SAUCY RIBS MACARONI & CHEESE GREEN BEANS WITH BACON BLUEBERRY POUND CAKE WITH TOPPING	*HM BEEF PEPPERSTEAK WHITE RICE VEGETABLE BLEND LEMON CREAM- COFFEE CAKE	SEASONED BAKED- COD TARTAR SAUCE LEMON SLICE AUGRATIN POTATOES BROCCOLI/CAUL. FRESH FRUIT	*HM CHICKEN- NOODLE CASSEROLE BUTTERED ZUCCHINI DINNER ROLL PISTACHIO- PUDDING/TOPPING
ï	ALTERNATE ITEMS: CHICKEN GREEN BEANS	<u>ALTERNATE ITEMS:</u> FISH PEAS	<u>ALTERNATE ITEMS:</u> PORK BAKED BEANS	ALTERNATE ITEMS: CABBAGE ROLL BEETS	ALTERNATE ITEMS: CHICKEN WAX BEANS	ALTERNATE ITEMS: BEEF TENDERKNIT CARROTS	ALTERNATE ITEMS: PORK CHOP RED CABBAGE
	ANYTIME MENU OPTION	ANYTIME MENU OPTION	ANYTIME MENU OPTION	ANYTIME MENU OPTION	ANYTIME MENU OPTION	ANYTIME MENU OPTION	ANYTIME MENU OPTION
D I N N	MUSHROOM SWISS- BURGER ON BUN CHEDDAR BITES DILL PICKLE SPEAR TAPIOCA PUDDING	*HM HARVEST VEGETABLE SOUP CRACKERS TUNA SALAD- SANDWICH FRUIT PARFAIT	TURKEY & SWISS- CHEESE CROISSANT DIJON MAYO TOMATO CUCUMBER- SALAD POTATO CHIPS TROPICAL FRUIT	*HM TOMATO- BISQUE SOUP CRACKERS GRILLED CHEESE- SANDWICH M&M BROWNIE	TURKEY BURGER ON- BUN GARLIC AOLI POTATO SALAD SWEET PICKLES JELLO DELIGHT	*HM BEEF CHILI CRACKERS BUTTER BISCUIT VEGETABLE COTTAGE CHEESE CHOC MARBLE ICE CRM	*HM CORN CHOWDER CRACKERS EGG SALAD- SANDWICH SLICED PEACHES
R	ALTERNATE ITEMS: SOUP & SANDWICH SIDE SALAD	ALTERNATE ITEMS: SOUP & SANDWICH SIDE SALAD	ALTERNATE ITEMS: SOUP & SANDWICH SIDE SALAD	ALTERNATE ITEMS: SOUP & SANDWICH SIDE SALAD	ALTERNATE ITEMS: SOUP & SANDWICH SIDE SALAD	ALTERNATE ITEMS: SOUP & SANDWICH SIDE SALAD	ALTERNATE ITEMS: SOUP & SANDWICH SIDE SALAD
	ANYTIME MENU OPTION	ANYTIME MENU OPTION	ANYTIME MENU OPTION	ANYTIME MENU OPTION	ANYTIME MENU OPTION	ANYTIME MENU OPTION	ANYTIME MENU OPTION

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