



July 2024 Menu Selections



	<i>MONDAY, July 1</i>	<i>TUESDAY, July 2</i>	<i>WEDNESDAY, July 3</i>	<i>THURSDAY, July 4</i>	<i>FRIDAY, July 5</i>	<i>SATURDAY, July 6</i>
	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Fresh Baked Pastry Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam
						LUNCH
	Hearty Vegetable California Cheeseburger with Lettuce, Tomato, French Fries and Coleslaw OR Tempura Shrimp Salad with Mandarins, Cucumbers, and Sesame Vinaigrette Banana Pudding	Tomato Orzo Fish and Chips with Tartar Sauce and Lemon Wedge OR Egg Salad on a Croissant with Three Bean Salad and Pickles Sliced Apples	Stuffed Pepper Macaroni and Cheese with Steamed Carrots and Cauliflower OR Greek Chicken Salad with Kalamata Olives, Red Onion & Feta over Garden Greens Chocolate Chip Cookies	Beef Barley Cowboy BBQ Burger with BBQ Sauce and an Onion Ring with Potato Salad and Pickles OR Tuna Fish Sandwich on White Toast with Potato Chips and Pickles Peaches and Cream	Cream of Broccoli Angel Hair Pasta with Marinara Sauce, Garlic Bread, and a Side Salad OR Smoked Salmon Platter with Hardboiled Egg, Capers, Red Onions Over Garden Greens NAS Chocolate Pudding	Carrot Dill Italian Hotdog with Potatoes, Peppers & Onions, and French Fries OR Grilled Chicken and Peach Salad with Corn Over Garden Greens Jell-O
						DINNER
	Turkey and Rice Chicken Cacciatore OR Broiled Cod Loin <i>Side Dishes:</i> Scalloped Potatoes Steamed Carrots Green Beans Fresh Baked Cupcakes	French Onion Chicken Cordon Bleu OR Cheese Pizza <i>Side Dishes:</i> Roasted Potatoes Fire Roasted Vegetables Garden Salad Lemon Meringue Pie	New England Clam Chowder Honey Apple Pork Chop OR Sole Almandine <i>Side Dishes:</i> Steamed Rice Snap Peas Roasted Yellow Squash Apple Pie	Chicken Noodle Shepard's Pie OR Penne a la Vodka <i>Side Dishes:</i> Garden Vegetables Garden Salad Garlic Bread Brownie	Butternut Squash French Onion Chicken OR Baked Tilapia <i>Side Dishes:</i> Egg Noodles Sautéed Zucchini Steamed Cauliflower Caramel Apple Crumb Cake	Minestrone Homemade Chili OR Fish Florentine <i>Side Dishes:</i> Scalloped Potatoes Greens Beans Cornbread Orange Frosted Cake



July 2024 Menu Selections



<i>SUNDAY, July 7</i>	<i>MONDAY, July 8</i>	<i>TUESDAY, July 9</i>	<i>WEDNESDAY, July 10</i>	<i>THURSDAY, July 11</i>	<i>FRIDAY, July 12</i>	<i>SATURDAY, July 13</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Waffles Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Fresh Baked Pastry Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Pasta Fagioli Lobster Roll on a Bun with Corn Niblets and Coleslaw OR Fresh Fruit and Cottage Cheese Platter Oatmeal Raisin Cookies	Hearty Vegetable BBQ Pulled Pork on a Hawaiian Roll with Onion Rings and Coleslaw OR Cranberry, Apple, Turkey Salad with Toasted Walnuts and Berry Vinaigrette Chocolate Éclair Ice Cream Bar	Split Pea Grilled Cheese with Bacon and Tomato on Sourdough with Potato Chips OR Chef's Salad Platter Over Garden Greens with Your Choice of Dressing Rainbow Sprinkled Cookies	Cream of Broccoli Grilled Reuben Sandwich on Rye with Beet Salad OR Waldorf Chicken Salad with Apples and Cranberries Over Garden Greens Mandarin Oranges	Beef Barley Stuffed Baked Potato with Bacon and Cheddar Cheese Garden Salad on the Side OR BLT with Homemade Macaroni Salad and Potato Chips Rice Pudding	Minestrone Pizza Burger with French Fries and Pickles OR Antipasto Salad with Ham Salami, Olives, Roasted Peppers and Mozzarella Banana Parfait	Carrot Dill Grilled Chicken, Roasted Pepper, and Mozzarella Sub with Pesto Pasta Salad OR Tuna Salad Platter Over Garden Greens and Crackers on the Side Peanut Butter Cookies
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Potato Leek Chicken Fettuccini Alfredo OR Broiled Cod Loin <i>Side Dishes:</i> Roasted Potatoes Garden Vegetables Garlic Bread Peach Pie	Turkey and Rice Shrimp Stir Fry OR Country Fried Steak <i>Side Dishes:</i> Fried Rice Broccoli Florets Corn Niblets Red Velvet Cake	Sausage, Potato, & Cabbage Baked Ziti OR Baked Haddock <i>Side Dishes:</i> Roasted Potatoes Steamed Carrots Garlic Bread Blondie	Spinach and White Bean BBQ Spare Ribs OR Crab Cake <i>Side Dishes:</i> Baked Sweet Potato Green Beans Garden Salad Lemon Pound Cake	Chicken Noodle Filet Mignon OR Cavatelli and Broccoli <i>Side Dishes:</i> Au Gratin Potato Broccoli Florets Dinner Roll Cream Puffs	Butternut Squash Rotisserie Chicken OR Kielbasa with Sauerkraut <i>Side Dishes:</i> Potato Pancakes Glazed Carrots Steamed Asparagus Pecan Pie	Matzo Ball Spaghetti and Meatballs OR Filet of Flounder <i>Side Dishes:</i> Rice Pilaf Sautéed Zucchini Garlic Bread Carrot Cake



July 2024 Menu Selections



<i>SUNDAY, July 14</i>	<i>MONDAY, July 15</i>	<i>TUESDAY, July 16</i>	<i>WEDNESDAY, July 17</i>	<i>THURSDAY, July 18</i>	<i>FRIDAY, July 19</i>	<i>SATURDAY, July 20</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Waffles Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Fresh Baked Pastry Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken Broth with Noodles Tempura Shrimp with Dipping Sauce and Stir Fried Rice and Egg Roll OR Grilled Steak & Bleu Cheese Salad with Cherry Tomatoes with Your Choice of Dressing Sliced Pears	Hearty Vegetable Chicken Tenders with Honey Mustard, French Fries, and Pickles OR Liverwurst and Onions on Rye with Celery Apple Salad Ice Cream Sandwich	Split Pea French Bread Pizza with Garden Salad on the Side OR Grilled Chicken & Artichoke Salad with Roasted Peppers and Feta Cheese Fruited Jell-O	Cream of Broccoli Quiche Lorraine with Fresh Fruit Salad On the Side OR Italian Sub Sandwich with Potato Chips and Pickles Tapioca Pudding	French Onion Hotdog on a bun with Sauerkraut, Baked Beans, and Coleslaw OR Fresh Fruit and Cottage Cheese Platter Fruit Cocktail	Manhattan Clam Chowder Honey Ham & Cheddar Melt on Hawaiian Roll w/ Sweet Potato Fries and Beet Salad OR Egg Salad Platter Over Garden Greens with Crackers on the Side Cranberry Orange Cookies	Carrot Dill Roast Beef Sandwich with Horseradish Sauce Potato Salad and Pickles OR Cranberry, Apple, Turkey Salad with Toasted Walnuts and Berry Vinaigrette Banana Pudding
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Potato Leek Sliced Roast Beef w/ Gravy OR Filet of Pollock <i>Side Dishes:</i> Mashed Potatoes Harvard Beets Broccoli Florets Tiramisu	Mushroom Linguini w/ White Clam Sauce Or Chicken Kiev <i>Side Dishes:</i> Roasted Potatoes Green Beans Dinner Roll Strawberry Shortcake	Chicken and Rice Beef Stroganoff OR Lemon Dill Flounder <i>Side Dishes:</i> Egg Noodles Sautéed Zucchini Pearl Onions Warm Peach Crumble	Spinach and White Bean Chicken Francaise OR Filet of Tilapia <i>Side Dishes:</i> Roasted Potatoes Garden Vegetables Garden Salad Apple Raspberry Pie	Chicken Noodle Rigatoni Bolognese OR Broiled Haddock <i>Side Dishes:</i> Rice Pilaf Broccoli Florets Garlic Bread Coconut Cream Cake	Butternut Squash Southern Fried Chicken OR Pierogies with Onions <i>Side Dishes:</i> Garlic Mashed Potatoes Corn Niblets Garden Salad Pound Cake	Minestrone Shrimp Scampi OR Veggie Burger on a Bun <i>Side Dishes:</i> Steamed White Rice Broccoli Florets Cauliflower Brownie



July 2024 Menu Selections



<i>SUNDAY, July 21</i>	<i>MONDAY, July 22</i>	<i>TUESDAY, July 23</i>	<i>WEDNESDAY, July 24</i>	<i>THURSDAY, July 25</i>	<i>FRIDAY, July 26</i>	<i>SATURDAY, July 27</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Waffles Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Fresh Baked Pastry Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken Broth with Noodles Spring Rolls w/ Dipping Sauce Stir Fried Vegetable Rice and Fortune Cookie OR Southwest Chicken Salad with Corn, Black Beans, Red Pepper, & Romaine Lettuce Sliced Peaches	Hearty Vegetable Sausage and Peppers Sub with French Fries and Pickles OR Tuna Fish Sandwich with Lettuce, Tomato, and Potato Chips Snickerdoodle Cookies	Split Pea Chicken Parmesan on a Ciabatta Roll with Onion Rings and Pickles OR Popcorn Shrimp Salad with Lemon Wedge Over Garden Greens Coconut Custard Pie	Cream of Broccoli Grilled Chicken Caesar Wrap with Pasta Salad and Potato Chips OR Balsamic Steak & Gorgonzola Salad with Cherry Tomatoes and Grilled Corn Over Greens Rice Pudding	Minestrone BBQ Riblet Sandwich with Corn Niblets and Coleslaw OR Turkey and Cheese Club Sandwich w/ Macaroni Salad and Pickles Sliced Peaches	Tuscan Bread Meatball Parmesan Sub w/ Sundried Tomato Orzo Salad and Pickles OR Tortellini Caprese Salad w/ Spinach and Mozzarella in A Balsamic Glaze NAS Pistachio Pudding	Potato Leek Steak and Provolone on Garlic Bread with French Fries OR Lemon Dill Chicken Salad Over Garden Greens with Choice of Dressing Oatmeal Raisin Pudding
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Potato Leek Stuffed Pepper OR Lemon Pepper Sole <i>Side Dishes:</i> Brussels Sprouts Steamed Carrots Dinner Roll Blueberry Pie	Italian Wedding Oven Roasted Turkey OR Stuffed Flounder <i>Side Dishes:</i> Mashed Potatoes Homestyle Stuffing Green Beans Cheesecake	Mushroom Chicken Pot Pie OR Fish Florentine <i>Side Dishes:</i> Potato Pancakes Garden Vegetables Stewed Tomatoes Apple Cinnamon Cake	Spinach and White Bean Stuffed Shells w/ Marinara OR Filet of Tilapia <i>Side Dishes:</i> Sautéed Spinach Cauliflower Garlic Bread Marble Pound Cake	Stuffed Pepper Pepper Steak OR Arrancini w/ Marinara <i>Side Dishes:</i> Steamed Rice Pearl Onions Broccoli Florets Chocolate Mousse Cake	Butternut Squash Lemon Chicken OR Stuffed Salmon <i>Side Dishes:</i> Roasted Potatoes Asparagus Garden Salad Cherry Pie	Chicken Broth with Noodles Pork Loin with Gravy OR Sole Almandine <i>Side Dishes:</i> Candid Yams Braised Red Cabbage Applesauce Banana Cake



July 2024 Menu Selections



<i>SUNDAY, July 28</i>	<i>MONDAY, July 29</i>	<i>TUESDAY, July 30</i>	<i>WEDNESDAY, July 24</i>			
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST			
Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Waffles Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam			
LUNCH	LUNCH	LUNCH	LUNCH			
Chicken Gumbo Grilled Vegetable and Mozzarella Wrap with Potato Chips and Pickles OR Antipasto Salad with Ham Salami, Olives, Roasted Peppers and Mozzarella Ice Cream Sandwich	Hearty Vegetable California Cheeseburger with Lettuce, Tomato, French Fries and Coleslaw OR Tempura Shrimp Salad with Mandarins, Cucumbers, and Sesame Vinaigrette Banana Pudding	Tomato Orzo Fish and Chips with Tartar Sauce and Lemon Wedge OR Egg Salad on a Croissant with Three Bean Salad and Pickles Sliced Apples	Cream of Broccoli Quiche Lorraine with Fresh Fruit Salad On the Side OR Italian Sub Sandwich with Potato Chips and Pickles Tapioca Pudding			
DINNER	DINNER	DINNER	DINNER			
Matzo Ball Meatloaf with Gravy OR Eggplant Rollatini <i>Side Dishes:</i> Mashed Potato Stewed Tomato Corn Niblets Boston Cream Pie	Turkey and Rice Chicken Cacciatore OR Broiled Cod Loin <i>Side Dishes:</i> Scalloped Potatoes Steamed Carrots Green Beans Fresh Baked Cupcakes	French Onion Chicken Cordon Bleu OR Cheese Pizza <i>Side Dishes:</i> Roasted Potatoes Fire Roasted Vegetables Garden Salad Lemon Meringue Pie	Spinach and White Bean BBQ Spare Ribs OR Crab Cake <i>Side Dishes:</i> Baked Sweet Potato Green Beans Garden Salad Lemon Pound Cake			