



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





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





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





Cold Cereal Cold Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Bacon, Breakfast Sandwich Choice of Toast Choice Fresh Fruit Salad/Prunes Fresh Fruit Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam Butter/Syr LUNCH LU Chicken Broth with Noodles Hearty Spring Rolls w/ Dipping Sauce Stir Fried Vegetable Rice and Fortune Cookie OR Southwest Chicken Salad with Corn, Black Beans, Red Cookie Data Cookie OR Southwest Chicken Salad With Letter Oatmeal/ Data Cookie Oatmeal/ Eggs Cooked Oatmeal/ Oatmeal/ Eggs Cooked Oatmeal/ E	AKFAST d Cereal Cr. of Wheat ked to Order //Sausage /affles e of Toast Calad/Prunes b/Coffee/Tea rup/Jelly/Jam Cold Cereal Cold Cereal Catherial Datmeal/ Cr. of W Eggs Cooked to O Eggs Cooked to	Cold Cereal Cheat Oatmeal/ Cr. of Wheat Drder Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Prunes E/Tea Juice/Milk/Coffee/Tea	BREAKFAST 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	BREAKFAST 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	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
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 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 Order Eggs Cooke Bacon,	Cr. of Wheat ked to Order //Sausage Bacon/Sausage affles Buttermilk Panca Choice of Toast Choice of Toast Fresh Fruit Salad/Prup/Jelly/Jam Butter/Syrup/Jelly/JNCH Coffee LUNCH	Wheat Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Fresh Baked Pastry Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea	Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea	Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Choice of Toast Fresh Fruit Salad/Prunes
Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam 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 Bacon, Bags Cook Broson Juice/Milk With Eggs Cook Bacon, Bacon, Bacon, Butter/Syr Fresh Fruit Juice/Milk Butter/Syr Butter/Syr Stream Sausage and With Fresh Fruit Butter/Syr LUNCH	ked to Order k/Sausage /affles e of Toast k/Coffee/Tea rup/Jelly/Jam Eggs Cooked to O Bacon/Sausag Buttermilk Panca Choice of Toas Fresh Fruit Salad/P Juice/Milk/Coffee Butter/Syrup/Jelly LUNCH	Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich St Choice of Toast Prunes Fresh Fruit Salad/Prunes Prace/Tea Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Eggs Cooked to Order Bacon/Sausage Fresh Baked Pastry Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea	Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea	Eggs Cooked to Order Bacon/Sausage French Toast Choice of Toast Fresh Fruit Salad/Prunes
Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam 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 With Letter Bacon, Bacon	/Sausage Bacon/Sausag /affles Buttermilk Panca e of Toast Choice of Toast : Salad/Prunes Fresh Fruit Salad/P k/Coffee/Tea Juice/Milk/Coffee rup/Jelly/Jam Butter/Syrup/Jelly JNCH LUNCH	Bacon/Sausage Breakfast Sandwich St Choice of Toast Prunes Fresh Fruit Salad/Prunes Prace/Tea Juice/Milk/Coffee/Tea Juiney/Jam Butter/Syrup/Jelly/Jam	Bacon/Sausage Fresh Baked Pastry Choice of Toast s Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea	Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea	Bacon/Sausage French Toast Choice of Toast Fresh Fruit Salad/Prunes
Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam Butter/Syrup 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 Choice Fresh Fruit Juice/Milk Butter/Syrup LUNCH LU Chicken Broth with Noodles Sausage and with Fresh and Tuna Fish with Lettu	raffles Buttermilk Panca e of Toast Choice of Toast : Salad/Prunes Fresh Fruit Salad/P k/Coffee/Tea Juice/Milk/Coffee rup/Jelly/Jam Butter/Syrup/Jelly JNCH LUNCH	Breakfast Sandwich st Choice of Toast Prunes Fresh Fruit Salad/Prunes e/Tea Juice/Milk/Coffee/Tea //Jam Butter/Syrup/Jelly/Jam	Fresh Baked Pastry Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea	Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea	French Toast Choice of Toast Fresh Fruit Salad/Prunes
Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam Butter/Syrup/Jelly/Jam 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 Cresh Fresh Fruit Juice/Milk Butter/Syr LUNCH LU Chicken Broth with Noodles Sausage and with Fresh and Tuna Fish with Lettu	e of Toast Choice of Toas : Salad/Prunes Fresh Fruit Salad/P k/Coffee/Tea Juice/Milk/Coffee rup/Jelly/Jam Butter/Syrup/Jelly JNCH LUNCH	Choice of Toast Prunes Fresh Fruit Salad/Prunes Prea Juice/Milk/Coffee/Tea Juiter/Syrup/Jelly/Jam	Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea	Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea	Choice of Toast Fresh Fruit Salad/Prunes
Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam 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 Fresh Fruit Juice/Milk Butter/Syr LUNCH Sausage and with Fred and Tuna Fish with Lettu	k/Coffee/Tea Juice/Milk/Coffee rup/Jelly/Jam Butter/Syrup/Jelly JNCH LUNCH	Prunes Fresh Fruit Salad/Prunes e/Tea Juice/Milk/Coffee/Tea g/Jam Butter/Syrup/Jelly/Jam	Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea	Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea	Fresh Fruit Salad/Prunes
Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam Butter/Syrup/Jelly/Jam 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 Juice/Milk Butter/Syrup Sausage and with Fred and Tuna Fish with Lettu	k/Coffee/Tea Juice/Milk/Coffee rup/Jelly/Jam Butter/Syrup/Jelly JNCH LUNCH	e/Tea Juice/Milk/Coffee/Tea //Jam Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea	Juice/Milk/Coffee/Tea	
Butter/Syrup/Jelly/Jam 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 Butter/Syrup Butter/Sy	rup/Jelly/Jam Butter/Syrup/Jelly JNCH LUNCH	//Jam Butter/Syrup/Jelly/Jam		1 ' ' '	Juice/Milk/Coffee/Tea
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 Hearty Sausage and with Fried With Fried Properties Tuna Fish	JNCH LUNCH	. , , , , , , , , , , , , , , , , , , ,	Butter/Syrup/Jelly/Jam	Butter/Syrup/Jelly/Jam	
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 Hearty Sausage and with Fried With Fried Properties Tuna Fish		LUNCH		11-1-1-1-1-1-1	Butter/Syrup/Jelly/Jam
Spring Rolls w/ Dipping Sauce Stir Fried Vegetable Rice and Fortune Cookie OR Southwest Chicken Salad with Corn, Black Beans, Red Sausage and with Fried and Tuna Fish with Letter	Manadalia Calle Dan	Loncil	LUNCH	LUNCH	LUNCH
Stir Fried Vegetable Rice with From and Fortune Cookie and OR Southwest Chicken Salad Tuna Fish with Corn, Black Beans, Red with Letter	Vegetable Split Pea	Cream of Broccoli	Minestrone	Tuscan Bread	Potato Leek
Stir Fried Vegetable Rice with From and Fortune Cookie and OR Southwest Chicken Salad with Corn, Black Beans, Red with Letter	nd Peppers Sub Chicken Parmes	san Grilled Chicken Caesar Wra	ap BBQ Riblet Sandwich	Meatball Parmesan Sub w/	Steak and Provolone on
and Fortune Cookie and OR Southwest Chicken Salad Tuna Fisl with Corn, Black Beans, Red with Lette			with Corn Niblets	Sundried Tomato Orzo	Garlic Bread with
OR Southwest Chicken Salad With Corn, Black Beans, Red With Letter	Pickles Onion Rings and P		and Coleslaw	Salad and Pickles	French Fries
Southwest Chicken Salad Tuna Fisl with Corn, Black Beans, Red with Lettu	OR OR	OR	OR	OR	OR
with Corn, Black Beans, Red with Lettu				Tortellini Caprese Salad w/	Lemon Dill Chicken Salad
			<i>'</i>	Spinach and Mozzarella in	Over Garden Greens
	otato Chips Over Garden Gre		· · ·	A Balsamic Glaze	with Choice of Dressing
	over darden dre	una dimea com over dicei	und Fickles	A Balsannie Glaze	with choice of bressing
Sliced Peaches Snickerdoo	odle Cookies Coconut Custard	l Pie Rice Pudding	Sliced Peaches	NAS Pistachio Pudding	Oatmeal Raisin Pudding
DINNER DII	NNER DINNER	DINNER	DINNER	DINNER	DINNER
Potato Leek Italian	Wedding Mushroom	Spinach and White Bean	Stuffed Pepper	Butternut Squash	Chicken Broth with Noodles
Stuffed Pepper Oven Roa	asted Turkey Chicken Pot Pi	ie Stuffed Shells w/ Marinara	ra Pepper Steak	Lemon Chicken	Pork Loin with Gravy
OR	OR OR	OR	OR	OR	OR
Lemon Pepper Sole Stuffed	f Flounder Fish Florentin	e Filet of Tilapia	Arrancini w/ Marinara	Stuffed Salmon	Sole Almandine
Side Dishes: Side	Dishes: Side Dishes:	Side Dishes:	Side Dishes:	Side Dishes:	Side Dishes:
Brussels Sprouts Mashed	Distres.	es Sautéed Spinach	Steamed Rice	Roasted Potatoes	Candid Yams
Steamed Carrots Homesty	d Potatoes Potato Pancake	oles Cauliflower	Pearl Onions	Asparagus	Braised Red Cabbage
Dinner Roll Gree		Caulillower	D	Garden Salad	Applesauce
Blueberry Pie Chee	d Potatoes Potato Pancake		Broccoli Florets		Applesauce





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