

July, 2010 Spring Summer Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. Meatloaf, Mashed Potatoes, Broccoli Au Gratin, Mushroom Gravy EVE MEAL: Italian Wedding Soup, Warm Sliced Chicken & Cheese Croissant, Sliced Tomato & Lettuce	2. Baked Honey Chipotle Salmon, Brown Rice , Brussels Sprouts EVE MEAL: Clam Chowder, Oyster Crackers, Tuna Melt, Tortellini Pesto Salad	3. COOKOUT: BBQ Chicken, Potato Salad, Coleslaw EVE MEAL: Minestrone Soup, Hamburger on a Bun, French Fries
4. Roast Beef Tenderloin, Red Wine Demi Glaze, Baked Potato, Peas w/ Pimentos EVE MEAL: Lentil Soup, Ham Salad on Rye, Three bean Salad, Pickle	5. Stuffed Peppers, Baby Spinach, Garlic Bread EVE MEAL: Tomato Soup, BLT, Beet & Onion Salad	6. Calzone, Tossed Salad EVE MEAL: Corn Chowder, Grilled Ham & Cheese Sandwich, Sliced Lettuce & Tomato	7. Italian Baked Chicken Breast, Mashed Potato, Green Beans, Cranberry Sauce EVE MEAL: Vegetable Soup , Meatball Sub, Tater Tots	8. Beef Stroganoff, Egg Noodles, Baby Carrots EVE MEAL: Italian Wedding Soup, Chicken Salad Sandwich, Pasta Salad	9. Baked Scrod, Asparagus, Rice Pilaf EVE MEAL: Clam Chowder, Oyster Crackers, Cesar Salad w/ Grilled Chicken	10. Chinese Chop Suey EVE MEAL: Minestrone Soup, Hot Dog on a Bun, Baked Beans
11. Baked Stuffed Chicken Florentine, Baked Potato, Butternut Squash, Cranberry Sauce EVE MEAL: Split Pea Soup, Cottage Cheese Fruit Plate, Homemade Breads	12. Shake & Bake Pork Chop, Gravy, Mashed Potato, Sauerkraut, Applesauce EVE MEAL: Tomato Soup, Thanksgiving Sandwich: Turkey, Stuffing, Cranberry Sauce	13. Spaghetti & Meatballs, Summer Squash & Zucchini , Garlic Bread EVE MEAL: Vegetable Soup, Cobb Salad	14. Lamb & Vegetable Stew, Biscuit EVE MEAL: Chicken Noodle Soup, Egg Salad Sandwich, lettuce leaf, Potato Chips	15. French Meat Pie, Mashed Potato, Gravy, Carrots EVE MEAL: Italian Wedding Soup, Grilled Cheese & Salami, 3 Bean Salad	16. Swordfish, Brown Rice, Succotash EVE MEAL: Clam Chowder, Oyster Crackers, Shrimp Salad Croissant, Sliced Tomato & Lettuce	17. COOKOUT: Hot Dog or Hamburger, Potato Salad, Coleslaw EVE MEAL: Minestrone Soup, Take Out Pizza, Tossed Salad
18. Pork & Vegetable Stir fry over rice EVE MEAL: Split Pea Soup, Roast Beef Sandwich, Carrot Raisin Salad	19. Eggplant Parmesan, Penne, Green Beans, Garlic Bread EVE MEAL: Tomato Soup, Baked Macaroni & Cheese, Stewed Tomatoes	20. Swedish Meatballs, Rice, Baby Spinach EVE MEAL: Corn Chowder, Caesar Salad w/ Grilled Chicken	21. Chicken Fried Chicken, Gravy, Oven Roasted Potato, Peas EVE MEAL: Italian Wedding Soup, Grilled Cheese & Tomato	22. Beef Burgundy over Egg Noodles, Carrots EVE MEAL: Beef Barley Soup, Ham & Cheese Sandwich, 3 Bean Salad	23. Baked Scallops, Rice Pilaf, Peas & Pearl Onions EVE MEAL: Clam Chowder, Oyster Crackers, Seafood Salad Roll, Potato Chips	24. Baked Chicken Cordon Bleu, with Stuffing, Cranberry Sauce, Broccoli EVE MEAL: Minestrone Soup, Hot Dogs, Brown Bread, Baked Beans
25. Ham Steak w/ Pineapple Sauce, Sweet Potato, Cauliflower EVE MEAL: Split Pea Soup, Cottage Cheese Fruit Plate, Homemade Breads	26. Chicken Pot Pie, Mashed Potato, Summer Squash & Zucchini EVE MEAL: Tomato Soup, Corned Beef & Swiss On Pumpernickel, Potato Salad	27. Ziti w/ Meat sauce, Tossed Salad, Garlic Bread EVE MEAL: Chicken Noodle Soup, Turkey Salad Sandwich, Coleslaw, Pickle	28. Stuffed Chicken w/ Cranberries & Sage, Baked Potato, Gravy, Green Beans EVE MEAL: Beef Barley Soup, Sliced Bologna & Cheese Sandwich, Tossed Salad	29. Meatloaf, Mashed Potatoes, Broccoli Au Gratin, Mushroom Gravy EVE MEAL: Italian Wedding Soup, Warm Sliced Chicken & Cheese Croissant, Sliced Tomato & Lettuce	30. Baked Honey Chipotle Salmon, Brown Rice , Brussels Sprouts EVE MEAL: Clam Chowder, Oyster Crackers, Tuna Melt, Tortellini Pesto Salad	31. COOKOUT: BBQ Chicken, Potato Salad, Coleslaw EVE MEAL: Minestrone Soup, Hamburger on a Bun, French Fries

*** ALL MEALS SERVED WITH MILK, COFFEE OR TEA. ALL DESSERTS CHOICE OF FRUIT OR DESSERT OF THE DAY ***