



## Wellsprings Assisted Living

Jul 1	2	3	4	5	6	7
Bacon Meatloaf O'Brien Potatoes Spinach Whole Grain Bread Peanut Butter Bars	Louisiana Chicken Seasoned Mushroom Rice California Normandy Blend Baked Roll Homemade Cherry Cobbler	Crispy Pork Chops Baked Yams Stewed Tomatoes Baked Roll Rainbow Cake	BBQ Chicken Breast Baked Fried Potatoes Creamy Coleslaw Cornbread Flag Cake	Grilled Chicken Fresh Mashed Potatoes Vegetable Medley Baked Roll Pear Crisp	Tilapia/Savory Herb Butter Garlic Mashed Potatoes Green Beans Whole Grain Bread Soft Oatmeal Raisin Cookie	Beef Rigatoni Bake Fresh Cooked Zucchini Crusty Garlic Bread Cinnamon Coffee Cake
8	9	10	11	12	13	14
Honey Glazed Ham Fresh Cooked Yams Seasoned Cabbage Baked Roll Apple Pie Ala Mode	Oven Fried Chicken Ranch Mashed Potatoes Mixed Vegetables Biscuits Lemon Cookie	Baked Meatballs/Gravy Fresh Mashed Potatoes Seasoned Cauliflower Cornbread Chocolate Marshmallow Cake	Roasted Rosemary Pork Savory Rice Sweet Sour Beets Baked Roll Cranberry Apple Crisp	Salisbury Steak/Gravy Red Potatoes Roasted Carrots Whole Grain Bread Bread Pudding	Baby Back Pork Ribs Garlic Herb Mashed Potatoes Lemon Buttered Broccoli Cornbread Strawberry Shortcake	Turkey Breast/Lemon Thyme Sauce Bread Stuffing Cream Peas Baked Roll Apple Cake Kuchen
15	16	17	18	19	20	21
Pot Roast of Beef Red Skin Mash Oven Roasted Broccoli Cornbread Fresh Coconut Cream Pie	BBQ Chicken Leg Beans, Corn and Rice Green Beans/Bacon Biscuits Peach Crisp	Sweet Pear Pork Chop Smashed Sweet Potatoes Spinach Whole Grain Bread Banana Sheet Cake	Sour Cream Beef Patty Baked Potato Mixed Vegetables Baked Roll Marble Cake	Melt In Your Mouth Chicken Fresh Mashed Potatoes Corn on the Cob Baked Roll Apricot Cobbler	Ham/Pineapple Sauce Mashed Yams Vegetable Medley Whole Grain Bread Citrus Cake	Smoked Roasted Turkey Mashed Potato Casserole Green Beans Baked Roll Cherry Crisp
22	23	24	25	26	27	28
Herb Crusted Chicken M'Potatoes/Chix Gravy Corn Baked Roll Strawberry Rhubarb Pie	Roast Pork/Ginger Glaze Lemon Rice Beets Whole Grain Bread Carrot Cake	Spaghetti/Meat Marinara Sauce Green Beans with Italian Seasoning Baked Roll Snickerdoodle Brownie	Homestyle Turkey/Gravy Cranberry Sage Dressing Mixed Vegetables Cornbread Pear Cobbler	Classic Baked Ham Scalloped Potatoes Vegetable Medley Baked Roll Soft Brown Sugar Cookie	Teriyaki Meatballs Parsley Rice Glazed Baby Carrots Whole Grain Bread Honey Bun Cake	Lemon Grilled Chicken Herb Roasted Red Potatoes Grilled Asparagus Baked Roll Banana Cream Pudding
29	30	31	Aug 1	2	3	4
Creamy Herbed Pork Chops Roasted Yams Mixed Vegetables Baked Roll Fruit Cocktail Bars	Turkey Roast/Zesty Rub Fresh Mashed Potatoes Roasted Cauliflower Whole Grain Bread Chocolate Sour Cream Cake	Baked Drumsticks Rice Pilaf Corn O'Brien Baked Roll Apple Cobbler				