



30	Jul 1	2	3	4	5	6
Three Bean Salad Honey Roasted Chicken Thigh <i>or</i> Classic Spaghetti Meat Sauce Oven Rice Garlic Green Beans Peach Crisp	Cottage Cheese/Fruit Pork Chop Dijon <i>or</i> Turkey Roast Aloha Sweet Potatoes Corn on the Cob Pineapple Upside Down Cake	Cucumber Pepper Salad Salisbury Steak/Gravy <i>or</i> Fried Catfish Garlic Pasta Peas and Onions Marble Cake	Green Salad BBQ Pork Ribs <i>or</i> BBQ Chicken Breast Ranch Beans Corn on the Cob Apple Pie	Marinated Potato Salad Breadcrumbs Tilapia Fillet <i>or</i> Baked Ham/Mango Salsa Homemade Country Potatoes Chef's Steamed Vegetable Coffee Cake	Coleslaw Pineapple Meatloaf <i>or</i> Lemon Herb Turkey Roast with Gravy Fresh Cooked Yams California Normandy Blend Pecan Pie	
7	8	9	10	11	12	13
Green Salad Hawaiian Chicken <i>or</i> Zesty Beef Roast Brown Rice Green Beans Fruit Cobbler	Pasta Salad Orange Herb Pork Roast <i>or</i> Classic Lasagna Fresh Mashed Potatoes Baby Carrots Orange Cake	Beet Salad Baked Tilapia/Dill Sauce <i>or</i> Beef Patty with Mushroom Sauce Best Noodles Peas and Pearl Onions Pound Cake	Three Bean Salad Slow Roasted Turkey <i>or</i> Smothered Pork Chop Bread Stuffing Baked Seasoned Squash Berry Cobbler	Caesar Salad Classic Baked Ham <i>or</i> Oven Fried Chicken Cheesy Scalloped Potatoes Chef's Steamed Vegetable Chocolate Cake	Easy Fruit Salad Cod/Tomato Cream Sauce <i>or</i> BBQ Glazed Meatballs Seasoned Rice California Normandy Blend Classic Pineapple Upside Down Cake	Green Salad Bacon Ranch Chicken <i>or</i> Corned Beef and Cabbage Steamed Red Potatoes Capri Blend Pear Crisp
14	15	16	17	18	19	20
24-Hour Fruit Salad Orange Apricot Glazed Pork <i>or</i> Roast Beef au Jus Hawaiian Style Rice Sesame Green Beans Coconut Cake	Green Salad Country Fried Steak/Gravy <i>or</i> Honey Glazed Roasted Turkey Fresh Mashed Potatoes Buttered Zucchini Chocolate Eclairs	Tomatoes/Cottage Cheese Baked Drumsticks <i>or</i> Kielbasa/Peppers Penne Pasta Oven Roasted Cauliflower Fruit Cobbler	Green Salad Lemon Baked Cod <i>or</i> Baked Ham/Mustard Sauce Aloha Sweet Potatoes Fresh Asparagus Key Lime Pie	Cucumber Corn Salad Steak Picante <i>or</i> Herb Roasted Turkey with Gravy Baked Potato Peas and Onions Cherry Crisp	Five Fruit Salad Oven Baked Chicken <i>or</i> Baked Dijon Salmon White and Wild Rice Pilaf Chef's Steamed Vegetable Yellow Cake with Fruit Topping	Green Salad Tangy Country-Style Ribs <i>or</i> Veal Parmesan Favorite Baked Beans Fresh Cooked Carrots Blueberry-Lemon Parfait
21	22	23	24	25	26	27
Green Salad Zesty Meatloaf <i>or</i> Almond Crusted Chicken Herb Roasted Red Potatoes California Normandy Blend Lemon Cake	Marinated Potato Salad Seasoned Baked Cod <i>or</i> Roast Beef with Mushroom Sauce Lemon Rice Green Bean Casserole Dump Cake	Caesar Salad Parmesan Crusted Pork Chops <i>or</i> Turkey Cutlet with Cream Sauce Fresh Mashed Potatoes Chef's Steamed Vegetable Blueberry-Lemon Parfait	Green Salad Juicy Ham <i>or</i> Barbados Beef Penne Pasta Mixed Vegetables Carrot Cake	Coleslaw Lemon Pepper Chicken <i>or</i> Ginger Lime Pork Fresh Mashed Potatoes/Gravy Grilled Asparagus Pineapple Blueberry Crumble	Ambrosia Tropical Tilapia <i>or</i> Pepper Smothered Cube Steak Seasoned Rice Fresh Cooked Carrots Strawberry Shortcake	Pasta Salad Beef Stroganoff <i>or</i> Smoked Roasted Turkey Fried Potatoes and Onions California Normandy Blend Coffee Cake
28	29	30	31	Aug 1	2	3
Caesar Salad Baked Ham/Peach Sauce <i>or</i> Orange Teriyaki Beef Seasoned Brown Rice Chef's Steamed Vegetable Fresh Blueberry Pie	Pasta Salad Sweet and Sour Chicken <i>or</i> Shrimp Style Scampi Red Potatoes Capri Blend Banana Sheet Cake	Green Salad Seasoned Meatballs/Gravy <i>or</i> Marinated Turkey Penne Pasta Roasted Cauliflower and Peppers Cheesecake	Cucumber Tomato Salad Roast Pork/Ginger Glaze <i>or</i> Southwest Chicken Roasted Potato Medley Sautéed Yellow Squash Fruit Crisp			