



28	29	30	31	Aug 1	2	3
				Carrot Raisin Salad <i>or</i> Green Salad Hamburger Steak/Onions <i>or</i> Chicken Kiev Rice Mixed Vegetables Bread Pudding/Vanilla Sauce	Coleslaw <i>or</i> Green Salad Stir Fry Pork with Snap Peas <i>or</i> Seafood Alfredo Lemon Pasta Steamed Broccoli Frozen Sherbet Dessert	Green Salad <i>or</i> Cottage Cheese Veggie Salad Lemon Oregano Turkey <i>or</i> BBQ Beef Ribs Mashed Potatoes/Gravy Roasted Brussels Sprouts Mandarin Orange Cake
4	5	6	7	8	9	10
Pear Fruit Compote Beef Pot Roast <i>or</i> Grilled Salmon Herb Mashed Potatoes Roasted Carrots Baked Roll Lemon Meringue Pie	Black Bean Pepper Salad <i>or</i> Honey Roasted Chicken Thigh <i>or</i> Veal Scallopi/Lemon Sauce Seasoned Rice Garlic Green Beans Baked Roll Peach Crisp	Green Salad <i>or</i> Sweet Spinach Salad Pork Chop Dijon <i>or</i> Barbecue Beef Meatballs Smashed Sweet Potatoes Harvard Beets Pecan Pie	Fresh Fruit Spring Mix <i>or</i> Green Salad Salisbury Steak/Gravy <i>or</i> Turkey Roast/Zesty Rub Mashed Potatoes/Gravy Peas/Mushrooms Marble Cake	Goat Cheese and Spinach Salad Grilled Chicken Breast <i>or</i> Marinated Pork Roast Lime Cilantro Rice Mixed Vegetables Baked Roll Blueberry Cream Angel Dessert	Honeydew Salad <i>or</i> Green Salad Baked Ham/Mango Salsa <i>or</i> Breaded Shrimp with Cocktail Sauce Rice Pasta Pilaf Chef's Steamed Vegetable Lemonade Cake	Dill Cucumbers <i>or</i> Green Salad Lemon Herb Turkey Roast with Gravy <i>or</i> Brown Sugar Meatloaf Mashed Potatoes/Gravy California Normandy Blend Red Velvet Cake
11	12	13	14	15	16	17
Crunchy Vegetable Salad <i>or</i> Green Salad Hawaiian Chicken <i>or</i> Zesty Beef Roast Aloha Sweet Potatoes Green Beans Peach Pie	Pineapple Salad <i>or</i> Green Salad Orange Herb Pork Roast <i>or</i> Lasagna Seasoned Potatoes Baby Carrots Garlic Bread Oreo Delight	Green Salad <i>or</i> Beet Salad Beef Tips Au Jus <i>or</i> Baked Cod/Dill Sauce Best Noodles Peas and Pearl Onions Pound Cake	Three Bean Salad <i>or</i> Green Salad Slow Roasted Turkey <i>or</i> Smothered Pork Chop Bread Stuffing Stir-Fried Broccoli Cake Chocolates	Mimosa Jello <i>or</i> Green Salad Classic Baked Ham <i>or</i> Chicken Kiev Cheesy Scalloped Potatoes Beets German Chocolate Cake	Fruity Green Salad <i>or</i> Green Salad BBQ Glazed Meatballs <i>or</i> Cod/Tomato Cream Sauce Seasoned Rice Country Trio Medley Peach Pie	Caesar Salad Bacon Ranch Chicken <i>or</i> Corned Beef and Cabbage Steamed Red Potatoes Capri Blend Coconut Custard Pie
18	19	20	21	22	23	24
24-Hour Fruit Salad <i>or</i> Green Salad Orange Apricot Glazed Pork <i>or</i> Roast Beef au Jus Hawaiian Style Rice Sesame Green Beans Apple Pie	Apple Broccoli Salad <i>or</i> Green Salad Country Fried Steak/Gravy <i>or</i> Honey Glazed Roasted Turkey Mashed Potatoes/Gravy Corn Chocolate Cake	Mediterranean Tomato Salad <i>or</i> Green Salad Baked Drumsticks <i>or</i> Baked Meatballs/Gravy Penne Pasta Mixed Vegetables Baked Roll Fruit Cobbler	Green Salad <i>or</i> Cinnamon Fruit Cup Roasted Shrimp and Vegetables <i>or</i> Beef Pot Roast Mashed Potatoes/Gravy Parsley Carrots Peach Angel Food Cake	Spring Juicy Fruit Salad <i>or</i> Green Salad Steak Picante <i>or</i> Apricot Chicken Baked Potato Peas and Onions Carrot Cake	Spinach Strawberry Salad <i>or</i> Green Salad Chicken Diane <i>or</i> Baked Dijon Salmon Rice Chef's Steamed Vegetable Yellow Cake with Fruit Topping	Tomatoes/Cottage Cheese <i>or</i> Green Salad Tangy Country-Style Ribs <i>or</i> Meatballs/Burgundy Sauce Favorite Baked Beans Carrots Cherry Pie

25	26	27	28	29	30	31
Cranberry Spinach Salad <i>or</i> Green Salad Braised Beef Roast <i>or</i> Chicken Kiev Herb Roasted Red Potatoes California Normandy Blend Lemon Cake	Marinated Salad <i>or</i> Green Salad Chicken/Raspberry Sauce <i>or</i> Beef Stroganoff Angel Hair Pasta Steamed Sugar Snap Peas Peach Cobbler	Spiced Apples <i>or</i> Green Salad Turkey Cutlet with Cream Sauce <i>or</i> Hawaiian Meatballs Fried Rice Chef's Steamed Vegetable White Poke Cake	Green Salad <i>or</i> Crunchy Vegetable Salad Glazed Hamburger Steak <i>or</i> Juicy Ham Classic Mashed Potatoes Mixed Vegetables Fresh Banana Cream Pie	Coleslaw <i>or</i> Green Salad Lemon Pepper Chicken <i>or</i> Ginger Lime Pork Parmesan Pasta Green Beans Pineapple Blueberry Crumble	Whipped Pineapple Salad <i>or</i> Green Salad Cod/Savory Herb Butter <i>or</i> Pepper Smothered Cube Steak Seasoned Rice Carrots Strawberry Shortcake	Green Salad <i>or</i> Spinach Strawberry Salad Sliced Turkey Breast <i>or</i> Sweet and Sour Pork Rice Peas Cherry Chocolate Cake