

July 2021

Weekly Menu

Sunday	Monday	Tuesday	Wednesday	Thursday 1	Friday 2	Saturday 3
				Breakfast Scrambled Eggs, Sausage, Fruit, Toast	Breakfast Pancakes, Bacon, Fruit, Toast	Breakfast Egg Bake, Sausage, Fruit, Toast
				Lunch Roasted Chicken, Mixed Vegetable, Roll, Apple Crisp	Lunch Baked Cod, Baked Potato, corn, Cake	Lunch Meatloaf, mashed potatoes/ gravy, carrots, Ice Cream
				Supper Pulled Pork, Fries, carrots, shortbread bars	Supper Pizza, 3 Bean Salad, Sweet Potato Fries, Fruit w/ cottage	Supper Cheeseburger, Potato Salad, Cookies

Alternates are always available- Grilled Cheese, Soup and Sandwich, Salad, Hotdog, Hamburger

July 2021

Weekly Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	8	9	10
<p>Breakfast</p> <p>French Toast, Bacon, Fruit, Choice of cereal/ oatmeal</p> <p>Lunch</p> <p>Roast Beef, Mashed Potatoes and Gravy, Corn, Pie</p> <p>Supper</p> <p>Egg Salad on croissants, Fresh Fruit, Ice Cream</p>	<p>Breakfast</p> <p>Eggs Benedict, sausage, Fruit Choice of cereal/ oatmeal</p> <p>Lunch</p> <p>Beef Stir Fry, rice, Bread and Butter, Brownies</p> <p>Supper</p> <p>Mini tacos with sour cream and salsa, Refried Beans, Jell-o Cake</p>	<p>Breakfast</p> <p>Eggs to Order, Sausage, Fruit, Toast, Choice of cereal/ oatmeal</p> <p>Lunch</p> <p>BBQ Chicken, Roasted Potato, Mixed Vegie, Roll, Ice Cream</p> <p>Supper</p> <p>Turkey and Cheese Wraps, Cottage Cheese, Fruit, Newsletter Dessert</p>	<p>Breakfast</p> <p>Bacon, Egg, and Cheese Sandwich Fruit, Toast, Choice of cereal/ oatmeal</p> <p>Lunch</p> <p>Beef Tips, Noodles, Peas, Fruit</p> <p>Supper</p> <p>Grilled Chicken Salad, Orange jell-o with fruit, Muffin</p>	<p>Breakfast</p> <p>Breakfast Burrito, Fruit, Toast, Choice of cereal/ oatmeal</p> <p>Lunch</p> <p>Spaghetti, Garlic Bread, Green Beans, Pudding</p> <p>Supper</p> <p>Hamburger, Macaroni and Cheese, Ice Cream</p>	<p>Breakfast</p> <p>Quiche, Fruit, Toast, Choice of cereal/ oatmeal</p> <p>Lunch</p> <p>Shrimp, Fries, Mixed Vegie, Cheesecake</p> <p>Supper</p> <p>Pizza, Salad, Fresh Fruit</p>	<p>Breakfast</p> <p>Scrambled Eggs, Fried Potatoes, Sausage, Fruit, Toast Choice of cereal/ oatmeal</p> <p>Lunch</p> <p>Ham, Sweet Potato, Carrots, Cake</p> <p>Supper</p> <p>Polish Sausage, Potato Salad, Sherbet</p>

Alternates are always available- Grilled Cheese, Soup and Sandwich, Salad, Hotdog, Hamburger

July 2021

Weekly Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12	13	14	15	16	17
<p>Breakfast</p> <p>Breakfast Pizza, Fruit, Toast, Choice of cereal/ Oatmeal</p> <p>Lunch</p> <p>Smother Pork Chops, Mashed Potatoes and Gravy, Corn, Pie</p> <p>Supper</p> <p>Burritos, Fresh Fruit, Ice Cream</p>	<p>Breakfast</p> <p>Country Skillet, Fruit, Toast Choice of cereal/ Oatmeal</p> <p>Lunch</p> <p>Fried Chicken, Baked Potato, Peas, Brownies, Cookie Bar</p> <p>Supper</p> <p>Fish Patties, Fries, Macaroni Salad, Pudding Parfait</p>	<p>Breakfast</p> <p>Scrambled Eggs, Sausage, Fruit, Toast Choice of cereal/ Oatmeal</p> <p>Lunch</p> <p>Beef Tips, Noodles, Mixed Vegie, Roll, Ice Cream</p> <p>Supper</p> <p>Chicken Wrap, Potato Salad, Baked Beans, Dirt Cups</p>	<p>Breakfast</p> <p>French Toast, Bacon, Fruit, Toast Choice of cereal/ Oatmeal</p> <p>Lunch</p> <p>Chicken Alfredo, , Salad, Fresh Fruit</p> <p>Supper</p> <p>Grilled Cheese, Chili, Muffin</p>	<p>Breakfast</p> <p>Fried Eggs, Corn beef Hash, Fruit, Toast Choice of cereal/ Oatmeal</p> <p>Lunch</p> <p>Swedish Meatballs, Rice, Green Beans, Lemon Bars</p> <p>Supper</p> <p>Cheeseburger, Fries, Ice Cream</p>	<p>Breakfast</p> <p>Pancakes, Bacon, Fruit, Toast, Choice of cereal/ Oatmeal</p> <p>Lunch</p> <p>Baked Cod, Baked Potato, Mixed Vegie, Cheesecake</p> <p>Supper</p> <p>Meatball Sub, Cucumber Salad, Fresh Fruit</p>	<p>Breakfast</p> <p>Egg Bake, Sausage, Fruit, Toast Choice of cereal/ Oatmeal</p> <p>Lunch</p> <p>Glazed Ham, Sweet Potato, Carrots, Cake</p> <p>Supper</p> <p>Grilled Chicken Sandwich, Pea Salad, Ice Cream</p>

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July 2021

Weekly Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
<p>Breakfast</p> <p>Egg Bake, Fruit, Toast, Choice of cereal/ Oatmeal</p> <p>Lunch</p> <p>Roasted Turkey, Mashed Potatoes and Gravy, Mixed Vegie, Pie</p> <p>Supper</p> <p>Egg Salad on croissants, Potato Soup, Fresh Fruit</p>	<p>Breakfast</p> <p>Fried Eggs, Bacon, Fruit, Toast, Choice of cereal/ Oatmeal</p> <p>Lunch</p> <p>Tuna Melts, Cucumber Salad, Brownies</p> <p>Supper</p> <p>Quesadilla with sour cream and salsa, Spanish Rice, Pudding Pie</p>	<p>Breakfast</p> <p>Scrambled Eggs, Sausage, Fruit, Toast, Choice of cereal/ Oatmeal</p> <p>Lunch</p> <p>BBQ Chicken, Roasted Potato, Mixed Vegie, Roll, Ice Cream</p> <p>Supper</p> <p>Chicken Pot Pie, Slab Apple Pie</p>	<p>Breakfast</p> <p>French Toast, Bacon, Fruit, Toast, Choice of cereal/ Oatmeal</p> <p>Lunch</p> <p>Swedish Meatballs over egg noodles, beans, Fresh Fruit</p> <p>Supper</p> <p>Turkey and veggie wraps, Strawberry Short Cake</p>	<p>Breakfast</p> <p>Eggs to Order Hash, Fruit, Toast, Choice of cereal/ Oatmeal</p> <p>Lunch</p> <p>Spaghetti, Garlic Bread, Green Beans, Jell-O Cake</p> <p>Supper</p> <p>Grilled Cheese, Chili, Ice Cream</p>	<p>Breakfast</p> <p>Pancakes, Bacon, Fruit, Toast, Choice of cereal/ Oatmeal</p> <p>Lunch</p> <p>Fish Sandwich, Roasted Potato, Mixed Vegie, Cheesecake</p> <p>Supper</p> <p>Pizza, 3 Bean Salad, Sweet Potato Fries, Fruit</p>	<p>Breakfast</p> <p>Egg, Sausage & Cheese Sandwich, Fruit, Toast, Choice of cereal/ Oatmeal</p> <p>Lunch</p> <p>Salisbury Steak, Mashed Potatoes and Gravy, Dessert Bar</p> <p>Supper</p> <p>Shepherd's Pie, Salad, Apple Crisp</p>

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July 2021

Weekly Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	31
<p>Breakfast</p> <p>Egg Bake with Sausage, Fruit, Toast, Choice of Cereal/ Oatmeal</p> <p>Lunch</p> <p>Roast Pork Loin, Mashed Potatoes and Gravy, Mixed Vegie, Pie</p> <p>Supper</p> <p>Chef Salads, Peaches and Cottage Cheese, Cookie</p>	<p>Breakfast</p> <p>Fried Eggs, Bacon, Fruit, Toast, Choice of Cereal/ Oatmeal</p> <p>Lunch</p> <p>Beef Stroganoff, Noodles, Corn, Pudding</p> <p>Supper</p> <p>Mini tacos with sour cream and salsa, Refried Beans, Fresh Fruit</p>	<p>Breakfast</p> <p>Omelet, Sausage, Fruit, Toast, Choice of Cereal/ Oatmeal</p> <p>Lunch</p> <p>Scalloped Potatoes and Ham, Carrots, Peach Cobbler</p> <p>Supper</p> <p>Popcorn Shrimp, Potato wedges, 3 Bean Salad, Sherbet</p>	<p>Breakfast</p> <p>French Toast, Bacon, Fruit, Toast, Choice of Cereal/ Oatmeal</p> <p>Lunch</p> <p>Smothered Pork Chop, Baked Potato, Green Beans, Chocolate Cake</p> <p>Supper</p> <p>Chicken Strips, Tater Tots, Rice Krispy Treats</p>	<p>Breakfast</p> <p>Sausage Gravy and Biscuits, Fruit, Choice of Cereal/ Oatmeal</p> <p>Lunch</p> <p>Meatloaf, Mashed potatoes & Gravy, Peas, Chocolate Chip Cookie Bar</p> <p>Supper</p> <p>Vegetable Wraps, Chips and Salsa, Cottage Cheese & Fruit</p>	<p>Breakfast</p> <p>Pancakes, Bacon, Fruit, Toast, Choice of Cereal/ Oatmeal</p> <p>Lunch</p> <p>Baked Fish, garlic mashed potatoes. Corn, Ice Cream</p> <p>Supper</p> <p>Chicken Tarragon wrap, Ambrosia Salad, Jell-O Cake</p>	<p>Breakfast</p> <p>Scrambled Eggs, Ham, Fruit, Toast, Choice of Cereal/ Oatmeal</p> <p>Lunch</p> <p>Chicken and Dumplings w/ mixed veggies, cookie</p> <p>Supper</p> <p>Broccoli and Cheese Soup, Italian Sub, Sherbet</p>

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