

SUNDAY, July 14, 2013

BREAKFAST

Orange Juice, Scrambled Eggs w/Bacon,
Dry Cereal and Whole Wheat Toast

LUNCH

Roast Beef, **Alt:** *Seasoned Chicken Wings*Zucchini*, Mashed Potatoes/Gravy,
Carrot Sticks, Applesauce, and Ice Cream

SUPPER

Tator Tot Casserole, **Alt.:** *Cod Square/Bun*Asparagus*, Cauliflower,
Lettuce Salad, Peaches, and Whole Wheat Bread

MONDAY, July 15, 2013

BREAKFAST

Grape Juice, Fried Egg, Cream of Wheat
and Whole Wheat Toast

LUNCH

Fried Fish Fillet, **Alt:** *Italian Meatballs*Wax Beans*, Baked Potato,
Peas/Carrots, Fruit Cocktail, and Cookie

SUPPER

Chicken Teriyaki, **Alt:** *Roast Pork* Tomatoes*, Rice, Egg Roll, Oriental Veg.,
and Pineapple

TUESDAY, July 16, 2013

BREAKFAST

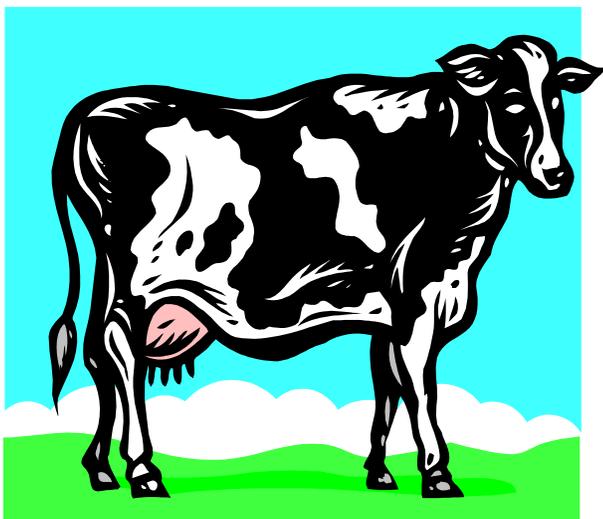
Orange Juice, Sausage Links, Dry Cereal,
French Toast

LUNCH

Corn Beef **Alt:** *Beef Patty*, *Beets,
Cabbage, Boiled Potatoes/Gravy,
Tropical Fruit

SUPPER

Chicken Cordon Bleu **Alt:** *Italian Hot Pocket*Peppers & Onions*, Spinach,
Mandarin Oranges, and Tapioca pudding



WEDNESDAY, July 17, 2013

BREAKFAST

Orange Juice, Scrambled Eggs, Oatmeal
w/Raisins and Coffee Cake

LUNCH

Country Fried Steak, **Alt:** *Seasoned Turkey*Cauliflower*, Mashed
Potatoes/Gravy, Green Beans, Apricots,
Mini Muffin

SUPPER

Meatloaf **Alt:** *Ravioli*Wax Beans*,
Squash, Buttered Noodles, Brussels
Sprouts, Squash, and Pineapple Delight

THURSDAY, July 18, 2013

BREAKFAST

Tomato Juice, Scrambled Eggs, Bacon,
Pancake/Syrup and Grits

LUNCH

Swiss Steak, **Alt:** *Taco Salad*Lettuce/Tomato*, Mashed
Potatoes/Gravy, Asparagus, Fruit Cocktail

SUPPER

Shaved Beef / Croissant **Alt:** *Polish on a Bun*Fried Cabbage*, Vegetable Soup,
Grapes, & Fruited Yougurt

FRIDAY, July 19, 2013

BREAKFAST

Orange Juice, Fried Egg, Hash Browns,
Oatmeal/w raisins, and Whole Wheat
Toast

LUNCH

Tavern Cod, **Alt:** *Beef Frank *Zucchini*,
Macaroni and Cheese, Carrots, Peach Pie

SUPPER

Parmesan Chicken **Alt:** *Chef's Choice*Winter Mix*, Garlic Mashed
Potatoes, 7 Layer Salad, Cantaloupe,
Jell-O Cake

SATURDAY, July 20, 2013

BREAKFAST

Orange Juice, Sausage Gravy, Cream of
Wheat and Biscuit

LUNCH

Turkey Tetrizzini, **Alt:** *Stuffed Cabbage/Mozz. Cheese*Spinach*, Mashed
Potatoes/Gravy, French Cut Green Beans,
and Butterscotch Pudding

SUPPER

Sloppy Joe / Bun, **Alt:** *Corn Beef Hash*Beets*, Breaded Onion Chips,
Broccoli, Peaches

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SUNDAY, July 21, 2013

BREAKFAST

Orange Juice, Scrambled Eggs w/Ham,
Dry Cereal and Whole Wheat Toast

LUNCH

Fried Shrimp, **Alt:** *Roast Beef*Carrots,*
Mixed Vegetables, Pineapple, Dinner
Roll, and Ice Cream

SUPPER

Cheeseburger Casserole **Alt.:** *Pork Patty*
**Wax Beans, Brussels Sprouts, Mandarin*
Oranges, and Mini Muffins

MONDAY, July 22, 2013

BREAKFAST

Cranberry Juice, Fried Egg, Cream of
Wheat and Whole Wheat Toast

LUNCH

Lasagna, **Alt:** *Beef Patty*Beets,* Bread
Stick, Asparagus, Cherries, and Garwin
Brownie

SUPPER

Ham Slice, **Alt:** *Cheese Omelet**
Peppers & Onions, Pancake, Tomato
Juice, and Strawberries

TUESDAY, JULY 23, 2013

BREAKFAST

Orange Juice, Sausage Patties, Dry
Cereal, French Toast

LUNCH

Ham & Beans, **Alt:** *Meatballs*Braised*
Celery, Cornbread, Carrots, Fruit
Cocktail, Cherry Fluff

SUPPER

French Dip Sandwich, **Alt:** *Turkey*
*Slices*Peppers & Onions,* Hash Browns,
Broc/Caul/wdressing, and Peaches



WEDNESDAY, July 24, 2013

BREAKFAST

Orange Juice, Scrambled Eggs, Oatmeal
w/Raisins and Blueberry Muffin

LUNCH

BB-Q Spare Ribs, **Alt:** *Baked*
*Fish*Sautéed Onions,* Fried Rice, Green
Beans, Apricots

SUPPER

Chicken Fajita, **Alt:** *Ravioli,*
**Cauliflower,* Lettuce /Tomato, Citrus
Sections, and Bread Pudding

THURSDAY, July 25, 2013

BREAKFAST

Tomato Juice, Scrambled Eggs, Bacon,
Pancake/Syrup and Cornmeal

LUNCH

Spaghetti/Meat Sauce, **Alt:** *Pizza*
Burger Capri Vegetables,* Spinach,
Applesauce, Garlic Toast,

SUPPER

Swedish Meatballs **Alt:** *Cold*
*Cuts*Asparagus,* Mashed Potatoes/gravy,
Broccoli, Tropical Fruit, Cocoa-Banana
Bar

FRIDAY, July 26, 2013

BREAKFAST

Orange Juice, Fried Egg, Hash Browns,
Oatmeal w/raisins, and Whole Wheat
Toast

LUNCH

Pot Roast, **Alt:** *Fish Nuggets,* **Wax*
Beans, Boiled Potatoes/Gravy, Baby
Carrots, Fresh Pears, and Lemon
Meringue Pie

SUPPER

Hot Dog/bun, **Alt:** *Chicken Nuggets**
Beets, Chili, Cauliflower, Pineapple

SATURDAY, July 27, 2013

BREAKFAST

Orange Juice, Hamburger Gravy, Cream
of Wheat, and Biscuit

LUNCH

Beef Patty / Bun, **Alt:** *Bratwurst/Bun**
Sauerkraut, French Fries, Strawberries,
Fruit Stick

SUPPER

Beef Stew, **Alt:** *Chef's Choice*Zucchini,*
Green Beans, Tropical Fruit, Watergate
Salad