



**July 2018
Frozen Meal Plan**

Menu is subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>2 Vegetarian Chili Sliced Carrots</p> <p>Macaroni & Cheese Capri Veg. Blend</p> <p>Crackers <u>Db/Ls: Unsalted</u> Potato Salad Mandarin Oranges Fresh Fruit Milk</p>	<p>3 Baked Chicken/ Creamy Paprika Sauce</p> <p>Minestrone Soup</p> <p>Crackers <u>Db/Ls: Unsalted</u> Tossed Salad/ Dressing Pineapple Tidbits Fresh Fruit Milk</p>	<p>4 <u>Independence Day Holiday</u> BBQ Pulled Pork Sweet Potatoes Collard Green WK Corn</p> <p>Cheese Omelet O'Brien Potatoes</p> <p>Fruit Juice Fresh Fruit Milk</p>	<p>5 Baked Fish/ Tropical Fruit Chutney</p> <p>Rice Pilaf Green Peas</p> <p>Kentucky Chicken Stew Cornbread Country Veg. Blend Mango Chunks Fresh Fruit Milk</p>	<p>6 Sliced Roast Beef/ Brown Gravy</p> <p>Yukon Potatoes Capri Veggie Blend</p> <p>Beef Barley Soup</p> <p>Crackers <u>Db/Ls: Unsalted</u> Margarine Peaches Fresh Fruit Milk</p>	<p>7 Triple Stack Lasagna/ Beef Meat Sauce Green Beans</p> <p>Scrambled Eggs Waffles Waffle Syrup <u>Db/Ls: Diet Syrup</u> Blueberries Margarine Black Bean/Corn Salad Fruit Juice Fresh Fruit/ Milk</p>	<p>8 Beef Steak Taco Meat Spanish Rice Mexican Veg. Blend</p> <p>Chicken Primavera Penne Pasta</p> <p>Tortilla Taco Sauce Pudding <u>Db/Ls:diet pudding</u> Apple Sauce Fresh Fruit/ Milk</p>
<p>9 Veggie Fajitas Fiesta Veg. Blend</p> <p>Lentil Tomato Soup Cornbread Spinach Tortilla Lettuce-Tomato Shredded Cheese Picante Sauce Pineapple Tidbits Fresh Fruit/Milk</p>	<p>10 Baked Chicken/ Mediterranean Sce Brown Rice Ca. Veggie Blend</p> <p>Scrambled Eggs Waffle / Syrup Blueberries <u>Db/Ls: Diet Syrup</u> Margarine Herbed Potato Sld. Raisins Fresh Fruit Milk</p>	<p>11 Savory Beef with Pasta Broccoli</p> <p>Tuscan Bean Soup</p> <p>Crackers <u>Db/Ls: Unsalted</u> Tossed Salad/ Dressing Tropical Fruit Fresh Fruit Milk</p>	<p>12 Pork Harvest Stew Wedge Potatoes WK Corn</p> <p>Cod Loin/Lemon Caper Sauce Herbed Rice Mixed Veggies</p> <p>Blueberries Fresh Fruit Milk</p>	<p>13 Bourbon BBQ Beef Yukon Potatoes Collard Greens</p> <p>Chicken Enchilada Fiesta Veg. Blend</p> <p>3 Bean Salad Raisins Fresh Fruit Milk</p>	<p>14 Potato Crusted Fish / Rstd. Tom. Cilantro Sauce Spanish Rice & Beans Braised Red Cabbage</p> <p>Veg. Frittata O'Brien Potatoes Tropical Fruit Coleslaw Apple Sauce Fresh Fruit/ Milk</p>	<p>15 Baked Chicken/ Bruschetta Sce. Rotini Pasta Green Peas</p> <p>Butternut Squash Soup (chicken) Saltine Crackers <u>Db/Ls: Unsalted</u> Gelatin <u>Db/Ls: Diet Gelatin</u> Fruit Juice Fresh Fruit/Milk</p>
<p>16 Quinoa Pepper Bowl Parslied Potatoes Broccoli</p>	<p>17 Stuffed Salmon Sun Gold Tom Sce. Lemon Orzo Green Beans</p>	<p>18 Fiesta Chicken Breast Span. Rice /Beans Fiesta Veggie Blend</p>	<p>19 Veal Patty/ Marinara Sauce WW Penne Mixed Vegetables</p>	<p>20 Pulled Pork/ Apricot Honey Sce Sweet Potatoes Spinach</p>	<p>21 Diced Chicken/ Mild Green Curry Brown Rice Capri Veggie Blend</p>	<p>22 Hamburger WK Corn SF Veggie Blend</p>

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<p>16 Mushroom Omelet O'Brien Potatoes Tropical Fruit Baby Carrots Mango Chunks Fresh Fruit Milk</p>	<p>17 Chicken Enchiladas Picante Sauce Chuck Wagon Corn Balsamic Braised Cabbage Tropical Fruits Fresh Fruit Milk</p>	<p>18 Broccoli-Cheese Soup WW Bread Potato Salad Prunes Fresh Fruit Milk</p>	<p>19 Meatballs /Zesty Orange Sauce Polenta Diced Carrots Crackers-Margarine Green Pea Salad Raisins Fresh Fruit Milk</p>	<p>20 Scrambled Eggs O'Brien Potatoes Tropical Fruits Tossed Salad/ Drsg. Muffin Margarine Fresh Fruit Milk</p>	<p>21 Beef Stew With Turnips Broccoli Brown Rice Pudding <u>Db/Ls Diet Pudding</u> Fruit Juice Fresh Fruit/ Milk</p>	<p>22 Chicken Noodle Soup Crackers <u>Db/LS: Unsalted</u> Lettuce/Tomato Hamburger Bun Mayo Peaches Fresh Fruit/ Milk</p>
<p>23 Cheese Tortellini/ Cheese Sauce Spinach Country Veggie Blend Cannellini Bean Cacciatore Cornbread Green Beans Prunes Fresh Fruit Milk</p>	<p>24 Baked Chicken Breast a la Valencia Sauce Jasmine Rice Baby Carrots Breakfast Burrito Shredded Cheese Fiesta Mix Crackers <u>(Db/Ls: Unsalted)</u> Pears Fresh Fruit Milk</p>	<p>25 Savory Meat Sauce Spaghetti Mixed Veggies Cauliflower/ Red Pepper Chicken Wild Rice Soup Muffin Margarine Spinach Salad/ Drsg Fruit Juice Fresh Fruit Milk</p>	<p>26 Sweet Sour Pork Fried Rice WK Corn Swiss Chard Minestrone Soup WW Bread Margarine Carrot Raisin Salad Pears Fresh Fruit Milk</p>	<p>27 Flounder/ Riesling Dill Sauce Herbed Rice Green Peas Beef Stroganoff Egg Noodles Mixed Veggies 3 Bean Salad Peaches Fresh Fruit Milk</p>	<p>28 Baked Chicken Breast/ Shitake Sauce Egg Noodles Asian Veg. Blend Diced Pork/ Sweet Thai Chili Sauce Yukon Potatoes Capri Veg. Blend Fruit Juice Fresh Fruit Milk</p>	<p>29 Guinness Beef Yukon Potatoes Baby Carrots Eggs Florentine O'Brien Potatoes Blueberries Tossed Salad/ Dressing Gelatin <u>Db/Ls Diet Gelatin</u> Fresh Fruit Milk</p>
<p>30 Black Bean Bowl Mexican Rice Ca. Veg. Blend Cheese Ravioli Basil Alfredo Sce. Garden Veggie Blend Cucumber Salad Fresh Fruit Peaches Milk</p>	<p>31 Adobo Pork Brown Rice Diced Carrots Asian Mix Veggie Chicken Veg. Orzo Soup Saltine Crackers <u>DB/LS – Unsalted</u> Raisins Fresh Fruit Milk</p>	<p>Aug 1 Thai Beef / Peanut Sauce Jasmine Rice Oriental Veg. Blend Mushroom Omelet O'Brien Potatoes Tropical Fruits Green Pea Salad Blueberries Fresh Fruit Milk</p>	<p>Aug 2 Italian Chicken Pasta/Marinara Sauce Italian Veggie Blend Corn/Pepper Beef Albondigas Soup WW Bread Fruit Juice Fresh Fruit Milk</p>	<p>Aug 3 Meat Loaf/ Brown Gravy Whipped Potatoes Sliced Carrots Diced Pork / Pumpkin Mole Sauce Sweet Potatoes Cauliflower Apple Sauce Fresh Fruit Milk</p>	<p>Aug 4 Mahi Mahi/Dill Sauce Lemon Orzo Broccoli Baked Chicken/ Zesty Orange Sce. Italian Blend Green Beans Spinach Salad Pudding/ Milk <u>Db/LS: Diet Pudding</u> Fruit Juice/ Fr. Fruit</p>	<p>Aug 5 Tandoori Chicken Curried Lentils Spinach Breakfast Burrito Shredded Cheese O'Brien Potatoes Tossed Salad/ Dressing Mango Chunks Fresh Fruit Milk</p>

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