



**July 2018
Hot/ Chilled Meal Plan**

Menu is subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>2 <u>Holiday Delivery</u> Vegetarian Chili Diced Carrots</p> <p>Yogurt Oatmeal Muffin Margarine Potato Salad Mandarin Oranges Fresh Fruit Milk</p>	<p>3 Baked Chicken/ Creamy Paprika Sauce Herbed Rice Broccoli</p> <p>Swiss Cheese WW Bread Mayo 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>PB and Jelly WW Bread Tropical Fruit Fresh Fruit Milk</p>	<p>5 Baked Fish/Tropical Fruit Chutney Rice Pilaf Green Peas</p> <p>Chicken Salad WW Bread Coleslaw Salad Mango Chunks Fresh Fruit Milk</p>	<p>6 Sl. Roast Beef/ Brown Gravy Yukon Potatoes Capri Veg. Blend</p> <p>Cheddar Cheese WW Bread Mayo Spinach Salad/ Dressing Raisins Fresh Fruit Milk</p>	<p>7 Triple Stack Lasagna/ Beef Meat Sauce Green Beans</p> <p>Tuna Salad WW Bread Black Bean-Corn Salad Fruit Juice Fresh Fruit Milk</p>	<p>8 Beef Steak Taco Meat Spanish Rice Mexican Veggie Blend Hard Ckd. Eggs WW Bread Pudding <u>Db/Ls Diet Pud.</u> LS Veggie Juice Margarine Tropical Fruit Fresh Fruit/ Milk</p>
<p>9 Veggie Fajitas Fiesta Veg. Blend</p> <p>Yogurt Oatmeal Muffin/Margarine Tortilla Lettuce/Tomato Shredded Cheese Picante Sauce Pineapple Tidbits Fresh Fruit Milk</p>	<p>10 Baked Chicken/ Mediterranean Sc Brown Rice Ca. Veggie Blend</p> <p>Cheddar Cheese WW Bread Mayo Herbed Potato Salad Raisins Fresh Fruit Milk</p>	<p>11 Savory Beef with Pasta Broccoli</p> <p>Hard Cooked Eggs Bagel Cream Cheese Tossed Salad/ Drsg. Fruit Juice Fresh Fruit Milk</p>	<p>12 Pork Harvest Stew Wedge Potatoes WK Corn</p> <p>Tuna Salad WW Bread Chickpea Salad Blueberries Fresh Fruit Milk</p>	<p>13 Bourbon BBQ Beef Yukon Potatoes Collard Greens</p> <p>PB and Jelly WW Bread 3 Bean Salad Raisins LS Veggie Juice Fresh Fruit Milk</p>	<p>14 Potato Crusted Fish/ Rstd. Tom. Cilantro Sauce Spanish Rice & Beans Braised Red Cabbage</p> <p>Chicken Salad WW Bread Coleslaw Fresh Fruit Apple Sauce Milk</p>	<p>15 Baked Chicken/ Bruschetta Sc Rotini Pasta Green Peas</p> <p>Cottage Cheese Muffin Margarine Diced Carrot Salad Gelatin <u>Db/Ls diet gelatin</u> Fresh Fruit Fruit Juice 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 Sauce 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 Monday Plain Yogurt Oatmeal Muffin Margarine Baby Carrots Mango Chunks Fresh Fruit Milk</p>	<p>17 Tuesday Peanut Butter Jelly WW Bread Chickpea Salad Salad Fruit Juice Fresh Fruit Milk</p>	<p>18 Wednesday Swiss Cheese WW Bread Mayo Potato Salad Prunes Fresh Fruit Milk</p>	<p>19 Thursday Chicken Salad WW Bread Diced Carrot Salad Fruit Juice Raisins Fresh Fruit Milk</p>	<p>20 Friday Cottage Cheese Muffin Margarine Tossed Salad/ Dressing Pineapple Tidbits Fresh Fruit Milk</p>	<p>21 Saturday Tuna Salad WW Bread Cucumber Salad Pudding <u>Db/Ls: Diet</u> <u>Pudding</u> Blueberries Fresh Fruit/ Milk</p>	<p>22 Sunday Hard Cooked Eggs Bagel Cream Cheese Lettuce/Tomato Hamburger Bun Mayo Peaches Fresh Fruit/ Milk</p>
<p>23 Cheese Tortellini/ Cheese Sauce Spinach Country Veggie Blend</p> <p>Plain Yogurt Oatmeal Muffin Margarine Green Pea Salad Prunes Fresh Fruit Milk</p>	<p>24 Baked Chicken Breast a la Valencia Sauce Jasmine Rice Baby Carrots</p> <p>Swiss Cheese WW Bread Mayo Black Bean / Corn Salad Raisins Fresh Fruit Milk</p>	<p>25 Savory Meat Sauce Spaghetti Mixed Veggies Cauliflower/ Red Pepper</p> <p>Peanut Butter Jelly WW Bread Spinach Salad / Dressing Fruit Juice Fresh Fruit Milk</p>	<p>26 Sweet Sour Pork Fried Rice WK Corn Swiss Chard</p> <p>Egg Salad WW Bread Carrot Raisin Salad Pears Fresh Fruit Milk</p>	<p>27 Flounder/ Riesling Dill Sauce Herbed Rice Green Peas</p> <p>Humus Soft Pretzel 3 Bean Salad Peaches Fresh Fruit Milk</p>	<p>28 Baked Chicken Breast/ Shitake Sauce Egg Noodles Asian Veg. Blend</p> <p>Hard Ckd. Eggs WW Bread Muffin Margarine Corn-Diced Pepper Salad Fruit Juice Fresh Fruit/ Milk</p>	<p>29 Guinness Beef Yukon Potatoes Baby Carrots</p> <p>Chicken Salad WW Bread Gelatin <u>Db/LS: Diet gelatin</u> Tossed Salad/ Dressing Pears Fresh Fruit/ Milk</p>
<p>30 Black Bean Bowl Mexican Rice Ca. Veg. Blend</p> <p>Plain Yogurt Oatmeal Muffin Margarine Cucumber Salad Peaches Fresh Fruit Milk</p>	<p>31 Adobo Pork Brown Rice Diced Carrots Asian Mix Veggie</p> <p>Hard Cooked Eggs WW Bread Spinach Salad/ Dressing Raisins Fresh Fruit/ Milk</p>	<p>Aug. 1 Thai Beef / Peanut Sauce Jasmine Rice Oriental Veg. Blend</p> <p>Swiss Cheese WW Bread Mayo 5 Bean Salad Mango Chunks Fresh Fruit Milk</p>	<p>Aug 2 Italian Chicken Pasta/Marinara Sauce Italian Veggie Bld. WK Corn</p> <p>Tuna Salad WW Bread Tom. Cucumber Salad Fruit Juice Fresh Fruit/ Milk</p>	<p>Aug 3 Meat Loaf/ Brown Gravy Whipped Potatoes Sliced Carrots</p> <p>PB and Jelly WW Bread Tossed Salad/ Dressing Raisin Fresh Fruit Milk</p>	<p>Aug 4 Mahi Mahi/Dill Sauce Lemon Orzo Broccoli</p> <p>Chicken Salad WW Bread Green Pea Salad Pudding <u>(Db/Ls – Diet</u> <u>Pudding)</u> Fruit Juice Fresh Fruit</p>	<p>Aug 5 Tandoori Chicken Curried Lentils Spinach</p> <p>Egg Salad WW Bread Corn-Diced Pepper Salad Blueberries Fresh Fruit Milk</p>

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