

# JULY 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<p>9</p> <ul style="list-style-type: none"> <li>-Scrambled eggs, potatoes, sausage/ bacon, or freshly baked muffin.</li> <li>-Chicken salad sandwich or BLT with potato salad.</li> <li>-Grilled chicken or Braised Beef with fresh Vegetables, and or baked potato.</li> </ul>	<p>10</p> <ul style="list-style-type: none"> <li>-Build your own breakfast burritos and muffin.</li> <li>-Beef Ravioli with marinara sauce or chicken salad sandwiches with potato salad.</li> <li>-Chicken Parmesan with broccoli au gratin and or mashed potatoes and gravy.</li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>-Biscuits and gravy or pancakes.</li> <li>-Fresh sliced cold cut Turkey wraps or sandwiches with assorted sautéed vegetables.</li> <li>-Cheeseburger or slider turkey melts with bacon green beans and or French fries.</li> </ul>	<p>12</p> <ul style="list-style-type: none"> <li>-Oatmeal or homemade cinnamon rolls.</li> <li>-Grilled chicken or vegetable pasta with sliced beef tenderloin.</li> <li>-Grilled chicken or Salmon with sautéed spinach and or seasoned asparagus.</li> </ul>	<p>13</p> <ul style="list-style-type: none"> <li>-Breakfast casserole or IN-HOUSE fresh donuts.</li> <li>- Taco Salad station with chicken or beef.</li> <li>-BBQ boneless chicken breasts or pork steaks with bacon Brussel sprouts and or pasta salad.</li> </ul>
<p>16</p> <ul style="list-style-type: none"> <li>-Oatmeal or breakfast burritos.</li> <li>- Crusted fish filet or grilled chicken with sautéed spinach and or roasted carrots.</li> <li>- Fried or grilled fish or honey ham with broccoli and or sautéed mushrooms.</li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>- Egg, bacon, or sausage biscuit sandwiches with hash browns.</li> <li>-Boneless pork cutlets or sliced honey ham with macaroni and cheese.</li> <li>-Beef Lasagna or Turkey and rice casserole with fresh garlic bread.</li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>-Eggs Benedict or grits.</li> <li>-Shrimp Scampi with rice pilaf or Turkey and Rice casserole.</li> <li>-Chicken and dumplings or Beef pot pies with garlic bread.</li> </ul>	<p>19</p> <ul style="list-style-type: none"> <li>-Biscuits &amp; gravy or Oatmeal.</li> <li>-Chicken and dumplings or BLT with bacon Brussel sprouts.</li> <li>- Salisbury steak or prime rib with au jus sauce with baked potato and or asparagus.</li> </ul>	<p>20</p> <ul style="list-style-type: none"> <li>-Pancake station or cinnamon rolls.</li> <li>-Salisbury steak with au jus or hot ham and cheese sandwich with mashed potatoes.</li> <li>-Pork tenderloin or baked chicken wings with roasted herb potatoes and or vegetable napoleon.</li> </ul>
<p>23</p> <ul style="list-style-type: none"> <li>-French toast sticks or Biscuits and gravy.</li> <li>-Tuna salad sandwiches or BBQ pulled chicken sandwiches with homemade chips.</li> <li>-BBQ Pulled pork or chicken with potato salad and or Coleslaw.</li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>- Country fried steak with gravy, hash browns, and eggs.</li> <li>-Roast beef sandwiches or tuna salad sandwiches with chips.</li> <li>-Roast beef with gravy or meatloaf with mashed potatoes, corn casserole, and or biscuits.</li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>- Sticky buns or egg and sausage cups.</li> <li>-Meatloaf with potato cakes or fish tacos.</li> <li>-Fish Tacos or spaghetti and meatballs with garlic bread.</li> </ul>	<p>26</p> <ul style="list-style-type: none"> <li>- Oatmeal or pancake station.</li> <li>- Chicken quesadillas or meatball sub sandwiches with French fries.</li> <li>-Sesame chicken with white rice or Beef lo mein with crab ragoons.</li> </ul>	<p>27</p> <ul style="list-style-type: none"> <li>- Donuts and breakfast casserole.</li> <li>-Chicken salad sandwiches or Grilled Cheese with fries.</li> <li>-Shepard's pie or steak tenderloin with baked potato and or Macaroni salad.</li> </ul>
<p>30</p> <ul style="list-style-type: none"> <li>-Biscuits and gravy or pancakes.</li> <li>-Fish sandwich or cheeseburger with chips.</li> <li>-Fried fish or chicken tenders with potato salad and or chips.</li> </ul>	<p>31</p> <ul style="list-style-type: none"> <li>-Biscuits &amp; gravy or homemade cinnamon rolls.</li> <li>-Chicken tenders with fries and or pasta salad.</li> <li>-Lasagna or pork tenderloin with garlic bread, pasta salad, and or potato salad.</li> </ul>	<p>Daily options available on the back side of the menu.</p> <p><b>Breakfast:</b> 7:00am-9:00am</p> <p><b>Lunch:</b> 11:30am – 1:30pm</p> <p><b>Dinner:</b> 4:30pm-6:30pm</p>		



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DAILY OPTIONS:

BREAKFAST:

ASSORTED HOMEMADE GRANOLA BARS  
ASSORTED CEREAL  
FRESH FRUIT

LUNCH & DINNER:

SOUP AND SALAD OF THE DAY

DESSERT:

FRESH BERRIES WITH SWEET SAUCE  
ASSORTED COOKIES

DRESSINGS:

RANCH, THOUSAND ISLAND, BLUE CHEESE, VINAIGRETTE, BALSAMIC VINAIGRETTE

PLEASE NOTIFY STAFF OF ANY FOOD-RELATED ALLERGIES IMMEDIATELY

