

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Independence Day</u> <u>Saturday</u>	<u>Sunday</u>
	Chicken Gumbo Soup Cream Potato Soup Chili Spaghetti w/ Meat Sauce ♥ Garlic Baked Chicken	Rosemary Chicken Soup Hearty Vegetable Soup Chili ♥ H/C Pepper Steak Mushroom Chicken & Swiss	Cabbage Soup Veggie Cabbage Soup Chili Chopped Steak Onion Gravy	Minestrone Soup Cream Spinach Soup Chili Beef Stew in Bread Bowl Sausage w/ Sauerkraut	Meatball Pasta Soup Lentil Soup Chili Chicken Parmesan Marinara Sauce	French Onion Soup Beef Brisket Barbecue Sauce Grilled Sausage ♥ H/C Beef Tips	Curry Corn & Rice Soup Mexican Lasagna ♥ Savory Baked Chicken Chicken Gravy Swiss Stake w/ Mushrooms & Onions
L	Chicken Gravy	Vegetarian Stakeletts	♥ Lemon Baked Fish	♥ Vegetable Lasagna	♥ Turkey Medallions	Vegetable Lasagna	Mushrooms & Onions
U	Spaghetti w/	Vegetarian Gravy	Teriyaki Wraps	Tofu Stir Fry	Vegetarian Bean Curry	Wedge Fries	Spanish Rice
N	Vegetarian Crumbles	Fish Sticks	Reuben Sandwich	Hot Wings	Fried Chicken Sandwich	Steamed Rice	Mashed Potatoes
C	Super Bird Sandwich	Fried Rice	Parmesan Baby Bakers	Steamed Rice	Steamed Rice	Asparagus Spears	Fried Okra
H	Garden Rice Au Gratin Potatoes Sugar Snap Peas Seasoned Cabbage Fresh Baked Rolls Corn Muffins	Parsley Potatoes Teriyaki Sauce Mediterranean Vegetables Fresh Baked Rolls Cornbread Teriyaki Wings	Wild Rice French Green Beans Broccoli Normandy Fresh Baked Rolls Corn Muffins	Wedge Fries Brussels Sprouts Squash Medley Fresh Baked Rolls Cornbread Beef Stew in a Bread Bowl	Linguini Noodles Italian Vegetables Winter Mix Vegetables Fresh Baked Rolls Corn Muffins	Succotash Fresh Baked Rolls Cornbread	Squash Medley Fresh Baked Rolls Corn Muffins
							
	Soup du Jour Chicken & Dumplings	Soup du Jour Hungarian Goulash	Soup du Jour ♥ Baked Chicken	Soup du Jour Beef Yakisoba	Soup du Jour Beef Noodle Casserole	Soup du Jour Fried Chicken	Soup du Jour Cheesy Beef Tetrazzini
S	♥ Salisbury Steak	♥ Sweet & Sour Chicken	Brown Gravy	♥ Lean Roast Beef	♥ Savory Baked Chicken	Chicken Gravy	♥ Sweet & Sour Chicken
U	Brown Gravy	Vegetarian Stakeletts	Beef Lasagna	Brown Gravy	Chicken Gravy	♥ H/C Pepper Steak	Swiss Stake w/ Mushroom & Onions
P	Spaghetti w/	Vegetarian Gravy	Teriyaki Wraps	Tofu Stir Fry	Vegetarian Bean Curry	Vegetable Lasagna	Mushroom & Onions
P	Vegetarian Crumbles	Fish Sticks	Reuben Sandwich	Hot Wings	Fried Chicken Sandwich	Cornbread Dressing	Steamed Rice
E	Super Bird Sandwich	Steamed Rice	Rice Pilaf	Red Skin Mashed Potatoes	Steamed Rice	Candied Sweet Potatoes	Oven Brown potatoes
R	Steamed Rice Mashed Potatoes Fresh Baked Rolls Corn Muffins	Egg Noodles Yellow Squash Baby Carrots Fresh Baked Rolls Cornbread	Oven Brown Potatoes Seasoned Corn Asparagus Spears Fresh Baked Rolls Corn Muffins	Brown Rice Catalina Vegetables Creamy Baked Spinach Fresh Baked Rolls Cornbread	O'Brien Potatoes Whole Green Beans Glazed Carrots Fresh Baked Rolls Corn Muffins	Corn Nuggets Seasoned Broccoli Fresh Baked Rolls Cornbread	Seasoned Cauliflower Peas & Carrots Fresh Baked Rolls Corn Muffins
							

Heart Healthy	♥
Short Order	
Vegetarian	