

July

For meal delivery, call ext. 105 by 11am.
For weekend meal delivery, call before the previous Friday.

RETIREMENT COMMUNITY

HOURS

Lunch 11:30am - 12:30pm
Supper 4:30 - 5:30pm

Meals \$9

All meals are
subject to change

 LUNCH

 SUPPER

			WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Beef Stroganoff Egg Noodles in Gravy Seasoned Spinach · Bread Berry Crisp 1	Seasoned Pork Loin Mashed Potatoes & Gravy California Blend Veg · Breadstick Pineapple Upside-Down Cake 2	Herb Roasted Salmon Baked Potato Glazed Baby Carrots · Bread Lemon Cookies 3	BBQ Pork Ribs Macaroni & Cheese Baked Beans Deviled Eggs · Cornbread 4
			Loaded Turkey Bacon Sandwich Mediterranean Veg with Olives & Feta · English Pea Salad Butterscotch Pudding	Beef Taco Soup Fiesta Blend Vegetables Cantaloupe · Roll Cinnamon Ice Cream	Italian Deli Wrap · Potato Chips Cauliflower Pea Onion Salad Marinated Cucumbers Pistachio & Pineapple Salad	Chicken Fajita Spanish Rice Fiesta Blend Vegetables Pineapple
SUNDAY	MONDAY	TUESDAY	Chicken Tenders Mashed Potatoes & Gravy Steamed Corn · Biscuit Chocolate Chip Cookies 8	Monte Cristo Steak Fries Capri Blend Veg · Watermelon Double Chocolate Cake 9	Fish & Chips Seasoned Green Peas Coleslaw Lemon Cake 10	BBQ Riblette Au Gratin Potatoes Steamed Corn · Honeydew Apple Crisp 11
Crispy Herb Chicken Gravy · Mashed Potatoes Seasoned Green Beans Coleslaw · Biscuit · Apple Pie 5	Spaghetti Meatballs Italian Vegetable Blend Cottage Cheese · Garlic Bread Frosted White Cake 6	Egg Muffin Sandwich Sausage Patty Hashbrowns Berry Greek Yogurt Parfait 7	Cold Cut Sandwich Potato Salad Marinated Vegetable Salad Cantaloupe	Beef Tips & Mushrooms in Gravy Seasoned Egg Noodles Brussels Sprouts with Bacon Bread · Banana Pudding	Salisbury Steak & Gravy · Mashed Potatoes · California Blend Veg Marinated Cucumbers · Roll Angel Cake with Strawberries	Chicken & Wild Rice Soup Glazed Baby Carrots Peaches · Breadstick Raspberry Sherbet
Roast Turkey Mashed Potatoes & Gravy Green Bean Casserole · Bread Chocolate Cream Pie 12	Grilled Cheese Sandwich Tomato Basil Soup Fruit Cocktail Peanut Butter Bar 13	Ham & Cheese Stromboli Garden Salad Italian Vegetable Blend Frosted Spice Cake 14	Pork Tenderloin · Sweet Potato Waffle Fries · Steamed Corn · Watermelon · Blueberry Cream Cheese Pound Cake 15	Beef Pot Roast Mashed Potatoes & Gravy Carrots Bread Pudding 16	Fried Catfish Fillet Red Beans & Rice Collard Greens · Cornbread Lemon Pudding Cake 17	Meatball Sub Sandwich Steak Fries Italian Vegetable Blend Marbled Brownies 18
Cheese Ravioli & Sauce Sicilian Blend Vegetables Garden Salad · Garlic Bread Coconut Cream Cheesecake	Swiss Steak Baked Potato California Blend Veg · Bread Butterscotch Pudding	Balsamic Herb Chicken Roasted Red Potatoes Seasoned Green Beans · Roll Oatmeal Cookies	Tater Tot Casserole Key West Blend Vegetables Diced Pears · Biscuit Apricot Crisp	White Bean Turkey Chili Mixed Vegetables Cantaloupe · Cornbread Peanut Butter Cookies	Maple Glazed Ham Scalloped Potatoes Garden Blend Vegetables Citrus Gelatin	Mushroom Chicken Rosemary Potatoes Capri Blend Vegetables · Roll Coconut Fruit Bar
Meatloaf & Gravy Mashed Potatoes Cream Style Corn · Bread Peach Pie 19	Roast Beef Sandwich Curly Fries Mixed Vegetables Ice Cream 20	Pork Chop & Apples Rice Pilaf Carrots · Bread Earthquake Cake 21	Grilled Turkey Swiss on Rye · Roasted Red Potatoes · Garden Mix Veg Honeydew · Ice Box Dessert 22	Italian Sausage & Peppers Rosemary Potatoes Parmesan Broccoli Coconut Pudding 23	Garlic Shrimp Herbed Couscous Seasoned Spinach · Cheddar Garlic Biscuit · Lemon Bar 24	Hamburger Steak Fries Capri Blend Veg · Watermelon Chocolate Chip Cookies 25
Ham & Swiss On Rye Ridged Potato Chips Pea & Onion Salad · Grapes Vanilla Ice Cream Sandwich	Chicken & Dumplings Garden Salad Brussels Sprouts Brownie	Taco Stuffed Potato Garden Salad Pineapple · Roll Snickerdoodle Cookies	Beef Lasagna Garden Salad · Garlic Bread Sicilian Blend Vegetables Frosted White Cake	Ham & Cheese Sandwich Macaroni Salad · Cantaloupe Marinated Vegetable Salad Frosted Orange Cake	Chicken Tenders Mashed Potatoes & Gravy Seasoned Green Beans Coleslaw · Poke Cake	Grilled Ham Glazed Sweet Potatoes Seasoned Green Peas · Roll Banana Split Dessert
BBQ Pork Au Gratin Potatoes Baked Beans Cherry Crisp 26	Cuban Pork Sandwich Potato Wedges Blackeyed Pea Salad Apple Turnover 27	Sliced Turkey Breast Poultry Gravy · Baked Potato · Seasoned Green Beans Coconut Cake 28	Mediterranean Chicken Mediterranean Orzo Squash Medley · Roll Banana Cake 29	Smothered Pork Chop Mashed Potatoes Garden Blend Veg · Bread Coconut Cream Pie 30	Lemon Pepper Cod Wild Rice Pilaf Dilled Baby Carrots · Biscuit Almond Cookies 31	
Chef Salad Bowl Breadstick Grapes Orange Sherbet	Chicken Salad Croissant Garden Salad Stuffed Pepper Soup Cantaloupe	Ham Salad · Garden Rotini Salad · California Vegetables Ranch Dressing · Honeydew Pistachio Pudding	Soft Beef Taco Corn Chips · Pineapple Corn & Black Bean Salad Snickerdoodle Cookies	Cheese Steak Sandwich O'Brien Potatoes Capri Blend Vegetables Pineapple	Cheese Pizza Sausage Pizza Garden Salad Ice Cream	

