

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY			
	Sausage Gumbo (week 4)	31									Butternut Squash	1	Sweet Potato and Apple	2		
WEEK 3	Quiche Lorraine (Ham & Cheese) OR Chicken Salad Sandwich on White Potato Wedges Chocolate Eclairs		July 2023										Peameal on a Kaiser with Cheddar Cheese, Lettuce, Tomato and Tots OR Tropical Fruit Salad (Kiwi, Pineapple, Mango) with Poppy Seed Vinaigrette & Muffin Peaches		Baked Beans and Wieners with Cheddar Scone OR Tukey Burger on Kaiser (Mayo, Onion, Tomato) Potato Pancakes Lemon Bar	
	Veal Parmesan OR Stuffed Pork Tenderloin Roasted Potatoes, Roasted Tomatoes New York Cheesecake												Sheppard’s Pie OR Open Faced Turkey Sweet Potato Mash, Corn Pecan Pie		Roast Beef w/Yorkshire Pudding, Gravy OR Ham with Pineapple Glaze Mashed Potatoes, Broccoli Florets Apple Blossom	
	Sausage Gumbo	3	Three Sisters – Corn, Beans, Squash	4	Chef’s Choice	5	Egg Drop with Vegetables	6	Potato Kale	7	Chicken & Wild Rice	8	Red Lentil & Vegetable	9		
WEEK 4	Quiche Lorraine (Ham & Cheese) OR Chicken Salad Sandwich on White Potato Wedges Chocolate Eclairs		Wardolf Salad (Grapes, Walnuts, Chicken Breast) with Yogurt Dressing OR Hawaiian Pizza with Ham, Pineapple, Bacon Crumble Banana Pudding		Polish Sausage on a Bun OR Crispy Chicken Caesar Salad (Lemon Wedge, Parmesan) Fruit Cocktail		Ham & Cheese Slider OR Mac and Cheese with Garlic Bread Rice Pudding		Monte Cristo Sandwich (Turkey and Ham) OR Fish ‘N’ Chips (Haddock Filet w/ Lemon) French Fries, Coleslaw Applesauce		BLT (Bacon, Lettuce Tomato) on White with Veggie Sticks OR Cold Boiled Shrimp Salad w/ Lemon Vinaigrette Passionfruit Mousse		French Toast with Berry Compote OR Cucumber and Cream Cheese on White Hash Browns Mandarin Jell-O			
	Veal Parmesan OR Stuffed Pork Tenderloin Roasted Potatoes, Roasted Tomatoes New York Cheesecake		Korean Beef OR Mild Curry Chicken Coconut Rice, Baby Bok Choy Pineapple Upside Down Cake		Beef Kebabs OR Cod Fish Potatoes O’Brien, Peas Lemon Meringue Pie		Pork Casserole with apples and cider OR Sole Florentine Baked Potatoes, California Mix Apple Crisp		Homemade Vegetable Lasagna with Ricotta & Garlic Bread OR Slow Roasted Corn Beef w/Mashed Potatoes, Zucchini Orange Creamsicle Cake		Smoked Applewood BBQ Ribs OR Lamb Chops with Mint Jelly Scalloped Potatoes, Brussel Sprouts Assorted Desserts		Slow Roasted Beef with Yorkshire Pudding, Gravy OR Ham and Swiss Stuffed Chicken Breast Mashed Potato, Carrots Blueberry Pie			
	Chicken Noodle Soup	10	Broccoli Cheddar	11	Italian Wedding	12	Shrimp Chowder	13		14	Cream of Tomato	15	Potato and Leek	16		
WEEK 1	Breakfast Croissant (Sausage, Egg, Cheese) with Hash Browns OR Watermelon Salad (Feta, Red Onion) Strawberry Cheesecake Mousse		Fresh Fruit Plate w/Cottage Cheese & Fruit Muffin OR Chicken Burger (L,T,O) Potato Wedges Chocolate Haystacks		Grilled Cheese on White OR Turkey Havarti on Croissant Side Salad Butterscotch Pudding		Perogies with Bacon, Onion, Sour Cream & Shredded Cheese OR Creamy Greek Salad with Souvlaki Assorted Cookies		BBQ DAY! Hamburger, Hot Dog or Veggie Burger Potato Salad Potato Chips, Pickles & Garnishes Vanilla Ice Cream		Deli Sandwich with Assorted Meats, Cheese, and Pickles OR French Toast and Ham with Berry Compote Cinnamon Roll		Toasted Bagel with Cream Cheese and Lettuce OR Toasted Western on WW Hash Browns Carrot Cake			
	Liver and Onions with Bacon OR Homemade Turkey Pot Pie Mashed Potatoes, Mixed Vegetables With Gravy Lemon Meringue Pie		Chicken Parmesan with Spaghetti OR Spaghetti & Homemade Meatballs Baby Carrots Assorted Desserts		Lemon Butter Chicken Thigh OR Swiss Steak Scalloped Potatoes, Italian Vegetables Butter Tart Square		Salisbury Steak with Mushroom & Onions with Gravy OR Braised Pork Chop with Mushrooms Baked Potato, Roasted Beets Sour Cream Raspberry Cake		Tourtiere (Beef Pie in Puff Pastry) OR Poached Salmon Filet with Lemon Citrus Butter Sauce Roasted Potatoes, Broccoli Chocolate Cream Pie		Butter Chicken OR Vegetable Stir Fry with Coconut Shrimp Jasmine Rice Pilaf, Mixed Vegetables Assorted Desserts		Roast Beef with Yorkshire Pudding with Gravy OR Ham with Pineapple Glaze Mashed Potatoes, Peas Strawberry Shortcake			
	Beef Barley	17	Cream of Cauliflower	18	Chef’s Choice	19	Split Pea and Ham	20	Minestrone Soup	21	Cream of Asparagus	22	Carrot Ginger	23		
WEEK 2	Creamed Peas on Toast with Side Salad OR Berry Salad with Chicken and Poppypeed Vinaigrette Black Forrest Pudding		Pancakes & Sausage OR Beef & Swiss Dip with Caramelized Onions on Bun Hash Brown Yogurt Parfait		Taco Salad with Iceberg Lettuce, Sour Cream & Salsa OR Turkey Club Sandwich w/ Cheddar Veggie Sticks with Ranch Dip Raspberry Square		Homemade Crab Cakes w/ Seafood Sauce OR Ham Salad Sandwich on Brown Side Salad Date Square		Rueben Sandwich on Rye OR Fish ‘N’ Chips (Haddock Filet w/ Lemon) French Fries, Coleslaw Tangerine Mousse		Chicken Chop Suey OR Vegetable Spring Rolls with Plum Sauce Asian Style Salad Jell-O		Chicken Tenders with Plum Sauce with Fries OR Egg Salad Sandwich Tapioca Pudding			
	Mini Meatloaf OR Pork Cottage Roll Mashed Sweet Potato, Corn, Gravy Coconut Cream Pie		Roasted Chicken Legs OR Bacon Wrapped Beef Tenderloin Roasted Potatoes, Broccoli & Cauliflower Assorted Desserts		Hungarian Goulash (Stewed Beef) OR Stuffed Pasta in Tomato Sauce Boiled Potatoes, Buttered Carrots German Chocolate Cake		Sausage & Potato Bake OR Chicken Pot Pie Scalloped Potatoes, French Bean Almondine Sliced Baked Apples		Tilapia Filet OR Chicken Cacciatore Mashed Potatoes, Peas & Carrots Strawberry Rhubarb Pie		Honey Garlic Ribs OR Sweet & Sour Chicken Balls Fried Rice, Stir Fry Vegetables Assorted Desserts		Traditional Turkey Dinner with fixings OR Slow Roasted Beef with Gravy Mashed Potatoes, Turnip Caramel Apple Cheesecake			
	Turkey Vegetable	24	French Onion Soup	25	Cream of Mushroom	26	Chef’s Choice	27		28	Butternut Squash	29	Sweet Potato and Apple	30		
WEEK 3	Pulled Pork on a Kaiser with Lettuce OR Chef’s Cobb Salad with Ham, Turkey, Egg, Cheese Raspberry Sorbet		Fresh Fruit Plate w/Domestic Cheese & Raisin Bread OR Tuna Melt on English Muffin with Cheddar and Tomato Creamy Cucumber Salad Lemon Mousse		Eggs Benedict with Hollandaise Sauce and Hash Browns OR Greek Pasta Salad with Feta, Tomato, Cucumber and Peppers Peanut Butter Cookie		Beef Chili with Sour Cream, Chives, Shredded Cheese & Corn Muffin OR Monte Cristo Sandwich (Turkey, Ham, Swiss) with Potato Salad Fresh Butter Tarts		BBQ DAY! Hamburger, Sausage, Chicken Breast Macaroni Salad, Potato Chips Pickles & Garnishes Tiramisu Mousse		Peameal on a Kaiser with Cheddar Cheese, Lettuce, Tomato and Tots OR Tropical Fruit Salad (Kiwi, Pineapple, Mango) with Poppy Seed Vinaigrette & Muffin Peaches		Baked Beans and Wieners with Cheddar Scone OR Tukey Burger on Kaiser (Mayo, Onion, Tomato) Potato Pancakes Lemon Bar			
	Chicken Kiev (Butter & Parsley Stuffed Chicken Breast) OR Beef Pot Pie Mashed Potatoes, Peas Raisin Pie		Homemade Beef Lasagna with Ricotta and Garlic Bread OR Catch of the Day Roasted Potato, Butternut Squash Assorted Desserts		Chalet Style Chicken OR Corn Beef Hash Warm Potato Salad, Ratatouille Trifle		Liver & Onions with Bacon OR Southern Style Chicken Drumsticks Mashed Potatoes, Bean Medley, Gravy Berry Crumble		Pork Schnitzel OR Bratwurst Sausage Cabbage, Mashed Potatoes Brownie & Ice-cream		Sheppard’s Pie OR Open Faced Turkey Sweet Potato Mash, Corn Pecan Pie		Roast Beef w/Yorkshire Pudding, Gravy OR Ham with Pineapple Glaze Mashed Potatoes, Broccoli Florets Apple Blossom			