



# July 2019

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2		3		4		5	
<b>Sweet/Sour Pork</b> Rice Egg Rolls Island Vegetables Fortune Cookies		<b>Honey Glazed Chicken</b> Wild Rice Asparagus Spears ww/ Roll Manderine Oranges		<b>Hot Dogs</b> Tater Tots Greenbeans Cookie Fruit cocktail		All Centers are closed in observance of Independence Day.   <i>Celebrate safely!</i>			
8		9		10		11		12	
<b>Baked Pork Chop</b> Herb roasted potatoes Broccoli ww/Roll Orange		<b>Spicy Baked Fish</b> w/ tarter sauce & lemon wedge Steamed rice Glazed carrots Pound Cake		<b>Pepper Steak</b> Peppers & Onions Brown Rice California blend Tossed salad w/ dressing Watermelon Wedge		<b>Chicken Pot Pie</b> Cauliflower Tossed salad w/ dressing Mandarin Orange cake		<b>Turkey &amp; Cheese Sandwich</b> Carrot & Celery Sticks Lettuce, tomato, onion Potato chips Fresh Fruit	
15		16		17		18		19	
<b>Ham &amp; Swiss Wrap</b> Chips Pasta Salad Cinnamon Apple Slices		<b>Green Chile Pork Stew</b> Tossed salad/dressing Cornbread Jello w/ Fruit Cocktail		<b>Baked Chicken Breast</b> Stuffing Chuckwagon Vegetables Tossed salad w/ dressing Chocolate Chip Cooke		<b>Spaghetti w/ Meat Sauce</b> Brussel sprouts Tossed salad w/ dressing Garlic Knot Apple Cobbler		<b>Tuna Salad w/ croissant</b> Lettuce & Tomato Broccoli & Cranberry Salad Cottage Cheese and Peaches	
22		23		24		25		26	
<b>Mac &amp; Cheese</b> w/ Chicken & Broccoli Bread Stick Tapioca Pudding		<b>Salsbury Steak</b> Rice & Gravy Broccoli & Cauliflower ww/ Roll Peanut butter cookie		<b>Carne Adovada</b> Beans Tortilla Spinach Peach Crisp		<b>Chef Salad W Egg</b> Turkey, Ham, Cheese Garlic Knot Fruit Cocktail		<b>Grilled Cheese Sandwich</b> Tomato Soup Pasta Salad Granola Bar	
29		30		31					
<b>GC Cheeseburger</b> Baked Beans Steamed Carrots Chocolate Pudding		<b>Marinated Chicken Breast</b> Seasoned Herb Rice Steamed Broccoli Strawberry & bananas		<b>BBQ Rib Sandwhich</b> Tater Tots Green beans PB Cookie		All meals served with 8 oz (1/2 pint) of 2% milk			