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| | | | | Chef Salad: 1 c. Lettuce 3 oz. Turkey, Ham, Cheese 1/2c. Tomato Wedges, Cuc Slices Salad Dressing/Muffin/Marg. 1/2c. Ice Cream/8oz Milk Alternate: Turkey/Cheese Sand. 1/2c Fruit, 1/2c Tomato/1/2c Ice Cream | 3oz. Hotdog on a bun 1/2 c. Potato Salad 1/2 c. Baked Beans Margarine 1/2 cup fresh fruit 8 oz. Low Fat Milk 920 calories |
| Monday, July 5 | Tuesday, July 6 | Wednesday, July 7 | Thursday, July 8 | Friday, July 9 | |
| 3 oz. Swiss Steak 1/2 c. Mashed Potatoes/gravy 1/2 c. Cooks choice veg. Bread/Margarine 1/2 c. Pears 8 oz. Low Fat Milk 825 calories | 3 oz. Egg and Sausage Bake 1/2 c. Hashbrowns 1/2 c. Fruit Cup Muffin/Margarine 1/2 c. Pudding 8 oz. Low Fat Milk 890 calories | 3oz. Liver&Onions or Pepper Steak 1 med. Baked Potato/sour crm 1/2 c. Scandanavian Blend Veg Bread/Margarine 2"x2" Blondie Bar 8 oz. Low Fat Milk 825 calories | 3 oz. Roast Beef 1/2 c. Whole Potatoes/Gravy 1/2 c. Carrots Dinner Roll/Margarine 2"x2" Fruit Crisp 8 oz. Low Fat Milk 860 calories | 5 oz. Baked Chicken 1/2 c. Mashed Potatoes/Gravy 1/2 c. Cream Corn Bread/Margarine 2"x2" P/A Upside Down Cake 8 oz. Low Fat Milk 865 calories | |
| Monday, July 12 | Tuesday, July 13 | Wednesday, July 14 | Thursday, July 15 | Friday, July 16 | |
| 3 oz. Meatballs/Gravy 1/2 c. Whole Potatoes 1/2 c. Mixed Vegetables Bread/Margarine 1/2 c. Ambrosia 8 oz. Low Fat Milk 675 calories | 6 oz. Lasagna 1/2 c. Green Beans 1/2 c. Tossed Salad/Dressing Garlic Bread/Margarine 1/2 c. Ice Cream 8 oz. Low Fat Milk 880 calories | 4 oz. BBQ Pork 1/2 c. AuGratin Potatoes 1/2 c. Cole Slaw Bun/Margarine 1/2 c. Mandarin Oranges 8 oz. Low Fat Milk 830 calories | 3 oz. Roast Turkey 1/2 c. Mashed Potatoes/Gravy 1/2 c. Scandanavian Blend Bread/Marg/Cranberry Garnish 2"x2" Cream Puff Dessert 8 oz. Low Fat Milk 820 calories | 3 oz. Bratwurst 1/2 c. Potato Salad 1/2 c. Baked Beans Bun/Margarine 1/2 c. Peaches 8 oz. Low Fat Milk 935 calories | |
| Monday, July 19 | Tuesday, July 20 | Wednesday, July 21 | Thursday, July 22 | Friday, July 23 | |
| 3 oz. Country Steak 1/2 c. Mashed Potatoes 1/2 c. Peas Bread/Margarine 2"x2" Cooks choice dessert 8 oz. Low Fat Milk 860 calories | 4 oz. Meatloaf <i>Lyndol's</i> 1/2 c. Scalloped Potatoes 1/2 c. Country Vegetables Bread/Margarine 1/2c. Strawberry Bavarian Cream 8 oz. Low Fat Milk <i>Birthday Party</i> 825 calories | 3 oz. Chicken Breast 1/2 c. Tropical Fruit 1/2 c. Pea & Cheese Salad Bun/Margarine 2"x2" Rhubarb Dessert 8 oz. Low Fat Milk 820 calories | 3 oz. Ham 1 med. Baked Potato 1/2 c. Creamed Corn Dinner Roll/Margarine 2"x2" Pound Cake 8 oz. Low Fat Milk 820 calories | 6 oz. Chicken Chow Mein 1/3c. Rice/1/2c. Oriental Veg 1/2c. Gelatin w/ Pineapple Bread/Margarine Sugar Cookie 8 oz. Low Fat Milk 790 calories | |
| Monday, July 26 | Tuesday, July 27 | Wednesday, July 28 | Thursday, July 29 | Friday, July 30 | |
| 4 oz. Pork Chop 1/2 c. AuGratin Potatoes 1/2 c. Peas Bread/Margarine 1/2 c. Peaches 8 oz. Low Fat Milk 775 calories | 4 oz. Italian Meat Sauce 4 oz. Spaghetti Noodles 1/2 c. Lettuce Salad/Dressing 1/2 c. Cauliflower Garlic Bread/8 oz. Low Fat Milk 1/2 c. Pears 780 calories | 3 oz. Hot Meatloaf Sandwich 1/2 c. Mashed Potatoes/Gravy 1/2 c. Carrots Bread/Margarine 1/2 c. Bread Pudding 8 oz. Low Fat Milk 880 calories | 5 oz. BBQ Chicken 1/2 c. Potato Salad 1/2 c. Green Beans Dinner Roll/margarine 2"x2" Strawberry Shortcake 8 oz. Low Fat Milk 825 calories | Stuffed Baked Potato: 2 oz. Diced Ham, 1oz Cheese Sc 1/2 c Broccoli Bread/Margarine 2"x2" Blondie Bar 8 oz. Low Fat Milk 820 calories | |

Jim Wood

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