




JULY 2013

MENU ITEMS	MONDAY 7/1	TUESDAY 7/2	WEDNESDAY 7/3	THURSDAY 7/4	FRIDAY 7/5
APPETIZER	Mushroom Barley Soup - Apple Juice	Minestrone Soup Blended Juice	Pineapple Juice Vegetable Soup	Vegetable Soup	Consomme Orange Juice
MAIN DISH	Cheese Blintzes	Salmon with Tartar Sauce	Turkey w/ Cranberry Sauce	Meat Stuffed Pepper	Southern Baked Chicken
SIDE DISH 1	Egg Salad	Carrots	Baked Yams	Egg Barley	Noodle Pudding
SIDE DISH 2	Peas & Carrots	Mashed Potatoes	Green Beans	Sliced Carrots	Cauliflower
BREAD	Whole Wheat	Whole Wheat	Whole Wheat	Whole Wheat	Challah
MARGARINE	X	X	X	X	X
DESSERT	Fresh Oranges	Pineapple Tidbits	Unsweetened Applesauce	Pineapple Chunks	Diced Pears
MILK	with meal	with meal	on way out	on way out	on way out

MENU ITEMS	MONDAY 7/8	TUESDAY 7/9	WEDNESDAY 7/10	THURSDAY 7/11	FRIDAY 7/12
APPETIZER	Mushroom Barley Soup	Tomato Rice Soup Apple Juice	Vegetable Soup Pineapple Juice	Butternut Squash Soup - Orange Juice	Consomme Blended Juice
MAIN DISH	Cheese Blintzes	Gefilte Fish w/ Horseradish Sauce	Eggplant Parmagiana	Breaded Pollock Tartar Sauce	Salmon in Dill Sauce
SIDE DISH 1	Tuna Salad	Broccoli	Green Beans	Carrots	Brown Rice
SIDE DISH 2	Peas & Carrots	Macaroni	Spaghetti	Mashed Potatoes	Tossed Salad
BREAD	Whole Wheat	Whole Wheat	Whole Wheat	Whole Wheat	Challah
MARGARINE	X	X	X	X	X
DESSERT	Mandarin Oranges	Apricot Halves	Cantaloupe	Chocolate Pudding	Oranges
MILK	with meal	with meal	with meal	with meal	with meal

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MENU ITEMS	MONDAY 7/15	TUESDAY 7/16	WEDNESDAY 7/17	THURSDAY 7/18	FRIDAY 7/19
APPETIZER	Split Pea Soup	C L O S E D	Vegetable Soup	Lima Bean Soup Pineapple Juice	Chicken Soup w Noodles Blended Juice
MAIN DISH	Veggie Pizza		Chicken with Tangy Orange Sauce	Swedish Meat- balls	Southern Baked Chicken
SIDE DISH 1	Broccoli Carrots		Baked Barley w/ Mushroom & Carrots	Spaghetti	Noodle Pudding
SIDE DISH 2	Tossed Salad		Italian Green Beans	California Blend Vegetables	Sliced Carrots
BREAD	Whole Wheat		Whole Wheat	Whole Wheat	Challah
MARGARINE	X		X	X	X
DESSERT	Pineapple Tidbits		Apricot Halves	Applesauce	Diced Peaches
MILK	with meal		on way out	on way out	on way out

MENU ITEMS	MONDAY 7/22	TUESDAY 7/23	WEDNESDAY 7/24	THURSDAY 7/25	FRIDAY 7/26
APPETIZER	Minestrone Soup	Mushroom Barley Soup - Apple Juice	Vegetable Soup	Red Lentil Soup Orange Juice	Consomme Apple Juice
MAIN DISH	Salmon with Lemon Sauce	Eggplant Parmagi- ana	Pepper Steak	Salisbury Steak w/ mushroom sauce	Chicken
SIDE DISH 1	Broccoli	Cauliflower	Rice Pilaf	Mashed Potatoes	Sliced Carrots
SIDE DISH 2	Potatoes Au Gratin In Skin	Spaghetti	Green Beans Carrot Salad	California Blend Vegetables	Couscous
BREAD	Whole Wheat	Whole Wheat	Whole Wheat	Whole Wheat	Challah
MARGARINE	X	X	X 	X	X
DESSERT	California Fruit Salad	Pineapple Tidbits	Birthday Cake	Unsweetened Applesauce	Diced Peaches
MILK	with meal	with meal	on way out	on way out	on way out

MENU ITEMS	MONDAY 7/29	TUESDAY 7/30	WEDNESDAY 7/31
APPETIZER	Split Pea Soup Orange Juice	Tomato Soup	Lima Bean Soup
MAIN DISH	Ziti Primavera	Breaded Pollock	Chicken Lo Mein
SIDE DISH 1	Broccoli - Carrots	Tossed Salad	Broccoli Cuts
SIDE DISH 2	Tossed Salad	Roast Potatoes	Lo Mein Vegetables
BREAD	Whole Wheat	Whole Wheat	Whole Wheat
MARGARINE	X	X	X
DESSERT	Vanilla Pudding	Cantaloupe Cubes	Diced Pears
MILK	with meal	with meal	on way out

