

Sunday 8-Jul	Monday 9-Jul	Tuesday 10-Jul	Wednesday 11-Jul	Thursday 12-Jul	Friday 13-Jul	Saturday 14-Jul
Breakfast						
Orange Juice Oatmeal Fresh Apple Fried Egg Wheat Toast Coffee or Hot Tea Apple Juice Cranberry Juice	Orange Juice Cream of Wheat Fresh Orange Scrambled Egg w/Cheese Cinnamon Wheat Toast Coffee or Hot Tea Apple Juice Cranberry Juice	Orange Juice Cream of Rice Fresh Banana Hard Boiled Egg Pancakes Coffee or Hot Tea Apple Juice Cranberry Juice	Orange Juice Oatmeal Fresh Apple Breakfast Bake Muffin Coffee or Hot Tea Apple Juice Cranberry Juice	Orange Juice Cream of Wheat Fresh Orange Baked Omelet Bacon Waffle Coffee or Hot Tea Apple Juice Cranberry Juice	Orange Juice Cream of Rice Fresh Banana Cheese Strata w/Peppers Biscuit Sausage Gravy Coffee or Hot Tea Apple Juice Cranberry Juice	Orange Juice Oatmeal Fresh Apple Scrambled Eggs Wheat Toast Coffee or Hot Tea Apple Juice Cranberry Juice
Lunch						
Sliced Baked Ham Mashed Sweet Potatoes Brussels Sprouts Wheat Dinner Roll Best Ever Cake Milk Beverage of Choice	Crispy Baked Chicken Confetti Couscous Zucchini Wheat Dinner Roll Strawberry & Banana Gelatin Milk Beverage of Choice	Turkey Croquette Turkey Gravy Creamy Mashed Potatoes Prince Edward Veg Blend Wheat Dinner Roll Sherbert Milk Beverage of Choice	Pot Roast w/Potatoes & Carrots Wheat Dinner Roll Fruit Crisp Milk Beverage of Choice	Chicken Teriyaki Spring Garden Rice Sugar Snap Peas Wheat Dinner Rolls Honey Dew Melon Milk Beverage of Choice	Cornflake Fish Lemon Herb Orzo Asparagus w/Red Pepper Wheat Dinner Roll Hello Dolly Bar Milk Beverage of Choice	Ham w/Northern Beans Spinach Souffle Cornbread Pudding Swirl Milk Beverage of Choice
Veal Meatloaf	Savory Pork Roast	Meatballs w/Gravy	Grilled Chicken w/Onion	Beef Macaroni Casserole	Turkey Club Wrap	Chopped Steak
Dinner						
Tator Tot Casserole Dinnr Roll Sliced Carrots Fruit Cup Milk Beverage of Choice	Beef Patty Melt Ranch Style Potato Wedges Calico Coleslaw Rice Crunchie Treat Bars Milk Beverage of Choice	Cheese Quesadilla Parslied Rice Pico de Gallo Pineapple & Mandarin Oranges Milk Beverage of Choice	Tuscan Port Noodles Normandy Vegetable Blend Wheat Dinner Roll Sugar Cookie Milk Beverage of Choice	Egg & Sausage Bake Sweet Pepper Cornbread Fruit Cup Lime Pear Gelatin Milk Beverage of Choice	Stuffed Green Pepper Battered Corn Nuggets Wheat Dinner Roll Pears & Apricots Milk Beverage of Choice	Mushroom Barley Soup Turkey & Cheese Sandwich Garden Salad w/Dressing Orange Wedges Milk Beverage of Choice
	Baked Fish Wheat Dinner Roll	Ham Biscuit	Pepper Steak w/Gravy		BBQ Port Ribette Parslied Cauliflower	Tomatoe & Cheese Quiche Muffin