


# July 2022

## Breakfast menu

SUN	MON	TUES	WED	THUR	FRI	SAT
Every Morning: Oatmeal, Cheerios Raisin Bran, Bran Flakes, Special K, Shredded Wheat					1 Cereal Eggs Toast Meat (B)	2 Cereal Eggs Toast Meat (P)
3 Cereal Eggs Toast Meat (B)	4 French Toast Meat (L)	5 Cereal Eggs Toast Meat (B)	6 Pastries Eggs Toast Meat (P)	7 Cereal Eggs Toast Meat (B) Biscuits & Gravy	8 Cereal Eggs Toast Meat (L)	9 Cereal Eggs Toast Meat (B)
10 Cereal Eggs Toast Meat (P)	11 Pancakes Meat (B)	12 Cereal Eggs Toast Meat (L)	13 Pastries Eggs Toast Meat (B)	14 Cereal Eggs Toast Meat (P) Biscuits & Gravy	15 Cereal Eggs Toast Meat (B)	16 Cereal Eggs Toast Meat (L)
17 Cereal Eggs Toast Meat (B)	18 French Toast Meat (P)	19 Cereal Eggs Toast Meat (B)	20 Pastries Eggs Toast Meat (L)	21 Cereal Eggs Toast Meat (B) Biscuits & Gravy	22 Cereal Eggs Toast Meat (P)	23 Cereal Eggs Toast Meat (B)
24 Cereal Eggs Toast Meat (L)	25 Pancakes Meat (B)	26 Cereal Eggs Toast Meat (P)	27 Pastries Eggs Toast Meat (B)	28 Cereal Eggs Toast Meat (L) Biscuits & Gravy	29 Cereal Eggs Toast Meat (B)	30 Cereal Eggs Toast Meat (P)
31 Cereal Eggs Toast Meat (B)						Meat B— Bacon L— Sausage Link P— Sausage Patty

# July 2022

# Lunch/Supper *Menu*

SUN	MON	TUES	WED	THUR	FRI	SAT	
		Substitutions by:  10:00 for Noon Meal 3:00 for Supper Meal			Chef Salad Hamburger Meat/Chz Sandwich Fried Egg Sandwich Baked Potato	<b>1</b> Shrimp  Cream of Broccoli Beef Salad Sandwich	<b>2</b> Chicken Fried Steak  Chicken&Rice Soup BLT
<b>3</b> Baked Ham  Potato Soup Sloppy Joe	<b>4</b> Fried Chicken  Cream Broccoli Soup Chili Hot Dog	<b>5</b> Lasagna  Ham & Bean Soup Cold Cut Sandwich	<b>6</b> Patty Melt  Cauliflower Soup Chicken Swiss Melt	<b>7</b> Sour Cream Chicken  Tomato Soup Grilled Cheese	<b>8</b> Salmon  Beef & Barley Soup Chicken Salad Sandwich	<b>9</b> Bacon Cheese Burger  Chili & Cinnamon Rolls	
<b>10</b> Roast Beef Dinner or Hot Beef Sandwich Chicken Noodle Soup Tuna Salad Sandwich	<b>11</b> Beef & Noodles  Potato Soup Ham & Swiss Melt	<b>12</b> Pork Chops  Beef Vegetable Soup Cold Cut Sandwich	<b>13</b> Philly Steak Sandwich  Corn Chowder Mexican Casserole	<b>14</b> Meat Loaf  Chicken Noodle Soup Roast Beef Melt	<b>15</b> Fish Fry  Beef & Rice Soup Chicken Cordon Bleu	<b>16</b> Spaghetti  Cream of Broccoli Soup Shepherd Pie	
<b>17</b> Fried Chicken Dinner  Tomato Soup Grilled Cheese	<b>18</b> Chimichanga  Corn Chowder Hamburger	<b>19</b> Brisket  Potato Soup Pancakes & Sausage	<b>20</b> French Dip  Chicken & Rice Cold Cut Sandwich	<b>21</b> Chicken Alfredo  Cauliflower Soup Ham & Swiss Sandwich	<b>22</b> Cod Strips  Cream of Broccoli Soup Fried Egg Sandwich	<b>23</b> Mushroom Swiss Burger  Chili & Cinnamon Rolls	
<b>24</b> Roast Beef Dinner or Hot Beef Sandwich Potato Soup BLT	<b>25</b> Enchiladas  Tomato Soup Grilled Cheese	<b>26</b> Beef & Rice  Chicken Noodle Soup Spaghetti & Garlic Bread	<b>27</b> Pizza  Cream of Broccoli Soup Cold Cut Sandwich	<b>28</b> Meat Loaf  Potato Soup French Toast & Sausage	<b>29</b> Poor Man's Lobster  Corn Chowder Hamburger Steak Mac & Cheese	<b>30</b> Tator Tot Casserole  Cauliflower Soup Ham & Swiss Melt	
<b>31</b>  Meat & Potatoes  Tomato Soup Grilled Cheese							