| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
|  $\mathbf{1}$ <br> Baked Cabbage Roll  <br> w/ 2oz Sauce  <br> $1 / 2 c$ Garlic Whipped Potatoes  <br> $1 / 2 c$ Carrots  <br> 1 White Bread  <br> Seasonal Fresh Fruit  | Swedish Meatballs (4) w/ Gravy <br> 1/2c Buttered Noodles 1/2c Peas <br> 1 Dinner Roll <br> Seasonal Fresh Fruit | Roast Pork w/ 2oz Sauerkraut $1 / 2 \mathrm{c}$ Whipped Potatoes w/ Chives $1 / 2 \mathrm{c}$ Mixed Vegetables 1 Wheat Bread Cookie | Happy 4th of July! $4$ | Taco Bake <br> (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1/2c Corn w/ Pimentos |
| 4oz BBQ Pulled Pork Sandwich 8 <br> 1/2c Hawaiian Coleslaw  <br> 1/2c Ranch Potatoes  <br> Sandwich Roll  <br> Cookie  |  | Open Faced Turkey Sandwich w/ Gravy $1 / 2 \mathrm{c}$ Whipped Potatoes w/ Chives $1 / 2 \mathrm{c}$ Sweet Corn 1 White Bread 1 Cookie | Cheeseburger w/ Lettuce, Tomato 1c Creamy Potato Soup w/ Crackers 1 Hamburger Roll Seasonal Fresh Fruit | 12 Chicken, Spinach \& Cranberry Salad w/ Dressing (3oz chix, .5oz cheese, 1t. Cran) 1c. Mixed Greens \& Spinach 1/2c. Beets 1 Breadstick 1 Piece Cake |
|  15 <br> Roast Beef w/Gravy  <br> 1/2c Mashed Potatoes  <br> 1/2c Mixed Vegetables  <br> 1 White Bread  <br> 1/2c Pudding  | Teriyaki Chicken <br> 1/2c Vegetable Rice Pilaf 1/2c Oriental Blend Vegetables 1 Wheat Bread Seasonal Fresh Fruit | Glazed Ham w/ Pineapple Sauce $1 / 2 c$ Whipped Sweet Potatoes $1 / 2 \mathrm{c}$ Green Beans 1 Dinner Roll 1 Cookie | Orange Glazed Pork Loin 1/2c Buttered Pasta 1/2c California Blend 1 Wheat Bread 1/2c Peach Crisp | 4oz Tuna Salad Sandwich 19 <br> w/lettuce \& tomato  <br> 1c Tomato Soup  <br> 1/2c Coleslaw  <br> 2 White Bread  <br> Seasonal Fresh Fruit  |
| Stuffed Pepper w/ Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 White Bread 1/2c Pudding | Sweet \& Sour Pork 1/2c. Rice 1/2c Broccoli \& Cauliflower Blend 1 Wheat Bread Seasonal Fresh Fruit | Parmesan Chicken Over 1/2c. Lemon Asparagus Pasta 1c. Tossed Salad W/Tomato 1 Italian Bread 1/2c. Apple Crisp | Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Dinner Roll 1/2c Gelatin |  $\mathbf{2 6}$ <br> 4oz Sloppy Joe  <br> Baked Potato  <br> 1/2c Green Beans  <br> 1 Hamburger Bun  <br> Seasonal Fresh Fruit  |
| Swiss Steak <br> w/ 2oz Onion Gravy 1/2c Whipped Potatoes 1/2c Diced Carrots 1 Wheat Bread Fresh Fruit | Creamy Vegetable Lasagna .5oz Shredded Mozzarella 1c Tossed Salad 1 Garlic Breadstick 1/2c Cottage Cheese \& Peaches <br> *menu subject to change | Creamy Garlic Chicken Breast 1/2c Buttered Noodles 1/2c Roasted Brussels Sprouts 1 Wheat Bread 1/2c Mandarin Oranges |  | Nutrition ${ }^{\text {l }}$ <br> The Group |

