



JULY 2010 Main Meal Menu

Approved by: Colleen T. Keller, R.D.

Monday	Tuesday	Wednesday	Thursday	Friday
			1] Smothered Pork Chops Cuban Beans & Rice Seasoned Green Beans Pineapple Tidbits	2] <u>COLD SANDWICH PLATE</u> Roast Beef & Cheddar Sandwich 3 Bean Salad Betty's Potato Salad Mandarin Oranges
5] FOURTH OF JULY HOLIDAY No Meal Delivery	6] Savory Meatloaf Sautéed Greens Mashed Potatoes Berry Cobbler	7] Oven Fried Chicken Creamy Macaroni & Cheese Capri Vegetable Medley SF Chocolate Pudding	8] <u>COLD PLATE</u> Egg Salad Plate Redskin Potato Salad Pea & Carrot Salad Fruited Yogurt	9] Brown Sugar Glazed Ham Spoon bread Sautéed Cabbage Apricot Halves
12] Country Steak with gravy Parslied New Potatoes Spring Vegetable Medley Peach Crisp	13] <u>COLD PLATE</u> Chicken Salad Plate Vegetable Slaw Magic Layers Strawberry Gelatin Vanilla Wafers	14] Cheeseburger Pie Creamed Corn Buttered Spinach Fresh Banana	15] Roast Turkey with gravy Cornbread Dressing Old Fashioned Green Beans Diced Pears	16] <u>COLD PLATE</u> Tuna Salad Plate Southern Macaroni Salad Cherry Berry Salad SF Vanilla Pudding
19] <u>COLD PLATE</u> Ham Biscuits & Deviled Egg Old Fashioned Potato Salad Green Bean Salad Sliced Peaches	20] Macaroni & Cheese Stewed Tomatoes & Okra Sautéed Summer Squash Fresh Banana	21] Filet of Fish Creole Yellow Rice Pilaf Cauliflower with Brown Butter Pineapple Tidbits	22] BBQ Beef Sandwich Roll Baked Beans Spiced Apples Coleslaw	23] Boneless Oven Fried Chicken Yellow Squash Casserole Buttered Peas Fruit Cocktail
26] Hamburger Steak with Mushroom gravy Scalloped Potatoes Lemon Buttered Broccoli Applesauce	27] BBQ Chicken Corn Pudding Seasoned Spinach Diced Peaches	28] <u>COLD PLATE</u> Salmon Pasta Salad (7 oz) Green Pea Salad Citrus Gelatin Fruit Salad Ginger Snaps	29] Smothered Pork Chops Cuban Beans & Rice Seasoned Green Beans Pineapple Tidbits	30] <u>COLD SANDWICH PLATE</u> Roast Beef & Cheddar Sandwich 3 Bean Salad Betty's Potato Salad Mandarin Oranges

Meal includes 1% milk or 100% fruit juice. Fruits are unsweetened. Bread includes 1 pat of butter.

Menu may change without notice