




JULY 2018 MENUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Sloppy Joe on WW Bun Potato Salad Copper Pennies Tapioca Pudding	Goulash California Blend Vegetables WW Garlic Bread Oatmeal Fruit Bar Banana Half		Cook's Choice	Carribbean Chicken Rice Pilaf Broccoli Strawberries & Bananas Tomato Juice
9	10	11	12	13
Tater Tot Casserole Tossed Salad Apple Crisp OJ	Egg Salad on Bun Tomato Spoon Salad Sweet Summer Salad Royal Brownie Cantaloupe	Roast Turkey Potatoes & Gravy Spinach Au Gratin Blushing Pears	Baked Chicken Baked Beans Asparagus Orange Wedges WW Roll	Crunchy Pollock Roasted Red Potatoes Broccoli Strawberries w/ Ice Cream
16	17	18	19	20
Liver & Onions -OR- Beef Patty Boiled Potatoes w/gravy Mixed Vegetables Strawberries and Bananas	Cook's Choice	Meat Loaf Baked Potato Harvard Beets Cranberry/Pear Crisp Orange Juice	Tuna & Noodles Broccoli Creamy Cole Slaw Cinnamon Apples Apricots	Chicken, Orange and Almond Salad Raisin Bran Muffin Fruit Cup Chocolate Pudding
23	24	25	26	27
Crunchy Pollock Potato Wedges Peas Chocolate Pudding Peaches	Cheese Burger WW Bun Santa Fe Corn Baby Carrots Plums OJ	Ham Loaf Roasted Red Potatoes California Blend Raisin Rice Pudding	Golden Baked Chicken Potatoes w/ Gravy Garden Beans Fruit Cup WW Roll	Porcupine Meatballs Mashed Potatoes Brussel Sprouts Strawberries & Bananas
30	31	Each Meal Includes:	 <i>Amy Barnes MS RDN LDN</i>	
Hot Pork Sandwich w/ WW Bread and Potatoes w/Gravy Orange Glazed Beets Oatmeal Raisin Bar	Cook's Choice	* 1/3 of the Required Daily Amounts (RDA) *Milk * Condiments as appropriate  * Sodium >800mg		