

24-Jun  
Friday

Lunch  
Salisbury Steak  
Lemon Baked Fish  
Brown Gravy  
Steamed Rice  
Mashed Potatoes Waldorf  
Peas w/ Carrots  
Herbed Broccoli  
Brown & Serve Rolls  
Veg Soup

Dinner  
Chili Macaroni  
Chicken Adobo  
Chicken Gravy  
Wild Rice  
Lyonnais Potatoes  
Herbed Green Beans  
Cauliflower Parmesan  
Toasted Garlic Bread  
Veg Soup

27-Jun

Lunch  
Rosemary Pork Tenderloin  
Bayou Chicken Breast  
Brown Gravy  
Savory Dressing  
Mashed Potatoes  
Roasted Summer Squash  
Roasted Baby Carrots  
Toasted Parmesan Bread  
Chicken Gumbo

Dinner  
Caribbean Spiced Cod  
Yankee Pot Roast  
Brown Gravy  
Brown Rice w/ Tomatoes  
Roasted Rosemary Potato Wedges  
Herbed Broccoli  
Southern Swt Potatoes, BB & Corn  
Toasted Parmesan Bread  
Chicken Gumbo

30-Jun

Lunch  
Chinese 5-Spice Chicken  
Sweet & Sour Pork  
Szechuan Sauce  
Vegetable Fried Rice  
Garlic & Soy Roasted Potatoes  
Oriental Stir Fry Cabbage  
Steamed Broccoli  
Drop Biscuits  
Chicken Egg Drop Soup

25-Jun  
Saturday

Lunch  
Cajun Meat Loaf  
Chicken Caccitore  
Brown Gravy  
Buttered Noodles  
Mashed Potatoes  
Creole Summer Squash  
Seasoned Mixed Veggies  
Toasted Garlic Bread  
Chicken Rice Soup

Dinner  
Turkey Lasagna  
Stuffed Peppers  
Sweet & Sour Sauce  
Steamed Rice  
Buttered Pasta  
Sauteed Garlic Kale  
Lyonnais Carrots  
Toasted Garlic Bread  
Chicken Rice Soup

28-Jun

Lunch  
Mustard-Dill Cod  
Pineapple Quarter Chicken  
Mushroom Gravy  
Filipino Rice  
Loaded Mashed Potatoes  
Roasted Asparagus  
Roasted Butternut Squash  
Garlic Bread  
Beef Barley Soup

Dinner  
Turkey Chili Macaroni  
Pork Roast  
Brown Gravy  
Candied Yams  
Mediterranean Brown Rice  
Cabbage (Fresh)  
Corn  
Garlic Bread  
Beef Barley Soup

1-Jul

Lunch  
Roast Beef  
Parmesan Fish  
Brown Gravy  
Baked Potato  
Tossed Green Rice  
Ginger Glazed Carrots  
Cauliflower Parmesan  
Brown & Serve Rolls  
Creole Soup

26-Jun  
Sunday

Lunch  
Beef Stew  
Citrus Herb Chicken  
Brown Gravy  
Brown Rice  
Roasted Sweet Potatoes  
Corn on the Cob  
Green Beans Parisienne  
Brown & Serve Rolls  
Minestrone Soup

SUNDAY--NO DINNER

29-Jun

Lunch  
Beef Fajitas  
Chicken Fajitas  
Taco Sauce  
Mexican Rice  
Refried Beans  
Roasted Zucchini  
Hacienda Corn & Black Beans  
Jalapeno Corn Bread  
Mexican Onion Corn Soup

Dinner  
Oven Roasted Turkey  
Brasied Pork Chop  
Turkey Gravy  
Stuffing  
Mashed Potatoes  
Seasoned Greens  
Carrots  
Jalapeno Corn Bread  
Mexican Onion Corn Soup

HPRC Recipe

2-Jul

Lunch  
Chicken Cordon Bleu  
Pepper Steak  
Alfredo Sauce  
Steamed Rice  
Noodles Jefferson  
Savory Baked Beans  
Seasoned Asparagus  
Brown & Serve Rolls  
Corn Chowder

Dinner  
Tandoori Chicken  
Bulgogi (Korean Beef)  
Chicken Gravy  
Rice Pilaf  
Cajun Roasted Potatoes  
Herbed Green Beans  
Vegetable Stir Fry  
Drop Biscuits  
Chicken Egg Drop Soup

3-Jul

Lunch  
BBQ Chicken  
Italian Sausage  
Chicken Gravy  
Rice  
Egg Noodles  
Louisiana Style Smothered Squash  
Sautéed Peppers & Onions  
Brown & Serve Rolls  
Tomato Soup

SUNDAY--NO DINNER

6-Jul

Lunch  
Italian Sausage  
Chicken Vega  
Mushroom Gravy  
Lyonnais Rice  
Buttered Pasta  
Sautéed Onions & Peppers  
Herbed Green Beans  
Brown & Serve Rolls  
Corn Chowder

Dinner  
BBQ Spareribs  
Hot & Spicy Chicken  
Chicken Gravy  
Steamed Rice  
Blackeyed Peas & Bacon  
Herbed Broccoli  
Sautéed Mushrooms  
Brown & Serve Rolls  
Corn Chowder

Dinner  
Spaghetti w/ Meatballs  
Stuffed Green Peppers  
Brown Gravy  
Cottage Fried Potatoes  
Spaghetti  
Corn  
Peas w/ Mushrooms  
Brown & Serve Rolls  
Creole Soup

4-Jul

Lunch  
Hamburgers  
Bratwurst  
Brown Gravy  
Red Beans & Rice  
French Fries  
Sautéed Onions  
Corn on the Cob  
Brown & Serve Rolls  
Broccoli Cheese Soup

Dinner  
Chili Con Carne  
Cheddar Chicken and Broccoli  
Brown Gravy  
Rice  
Oven Browned Potatoes  
Mixed Veggies  
Carrots  
Brown & Serve Rolls  
Broccoli Cheese Soup

7-Jul  
Thursday

Lunch  
Tacos  
Chicken Lime Tacos  
Salsa/Pico de Gallo  
Spanish Rice  
Refried Beans & Cheese  
Hacienda Corn & Black Beans  
Mixed Veggies  
Brown & Serve Rolls  
Old Fashioned Bean Soup

Dinner  
Creole Pork Chops  
Teriyaki Chicken  
Mushroom Gravy  
Lyonnais Rice  
Mashed Potatoes  
Fried Cabbage  
Seasoned Peas  
Brown & Serve Rolls  
Old Fashioned Bean Soup

Dinner  
Brasied Spareribs  
Mustard Dill Fish  
Chicken Gravy  
Parsley Buttered Potatoes  
Wild Rice  
Vegetable Stir Fry  
Seasoned Mixed Vegetables  
Brown & Serve Rolls  
Corn Chowder

5-Jul  
Tuesday

Lunch  
Swedish Meatballs  
Onion-Lemon Baked Fish  
Brown Gravy  
Steamed Rice  
Franconia Potatoes  
Peas w/ Carrots  
Seasoned Summer Squash  
Brown & Serve Rolls  
Creole Soup

Dinner  
Gyros  
Pineapple Chicken  
Tzatziki Sauce  
Rice Pilaf  
Greek Roasted Potatoes  
Seasoned Mixed Veggies  
Seasoned Asparagus  
Pita  
Creole Soup