# Week 1

DATE	Jul-06	Jul-07	Jul-08	Jul-09
	Sunday	Monday	Tuesday	Wednesday
	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
Chine	se Five-Spice Chicken	Beef and Noodles	Chicken Pot Pie	Chicken Stir Fry
	<u>Chili Macaroni</u>	Lemon Pepper Catfish	Salisbury Steak	Roast Pork
	Steamed Rice	Steamed Rice	Wild Rice	Fried Rice
Ba	ked Potato Halves	Mashed Potatoes	Steamed Fettuccine	Mashed Potatoes
	Savory Squash	Succotash	Broccoli Combo	Green Peas
Sea	soned Green Beans	Sliced Carrots	Fried Cabbage	Glazed Carrots
	Chicken Gravy	Mushroom Gravy	Brown Gravy	Giblet Gravy
	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	Dinner
٦	Furkey Yakisoba	Chicken Fajitas	Roast Beef	Teriyaki Salmon
Bake	<u>d Chicken and Gravy</u>	Turkey A La King	Spaghetti w/Meat sauce	Bombay Chicken
	Steamed Rice	Buttered Egg Noodles	Oven Brown Potatoes	Garlic Mashed Potato
E	Boiled Spaghetti	Spanish Rice	Spaghetti Noodles	Steamed Rice
	Buttered Corn	Stir Fry Vegetables	Seasoned Corn	Green Beans
	Collard Greens	Peas with Mushrooms	Mustard Greens	Summer Squash
	Chicken Gravy	Chicken Gravy	Natural Pan Gravy	Chicken Gravy
DATE	Lul 10		hul 12	
DATE	Jul-10	Jul-11	Jul-12	
	Thursday	Friday	Saturday	
		•	Saturday	
	Lunch	Lunch	Lunch	
	Roast Turkey	<u>Lunch</u> Porterhouse Steak	Lunch Baked Chicken	
	Roast Turkey Shrimp Scampi	<u>Lunch</u> Porterhouse Steak <u>Crab Legs</u>	<u>Lunch</u> Baked Chicken <u>Ground Turkey Yakisoba</u>	
	Roast Turkey Shrimp Scampi Bread Dressing	<u>Lunch</u> Porterhouse Steak <u>Crab Legs</u> <u>Honey Ginger Chicken</u>	<u>Lunch</u> Baked Chicken <u>Ground Turkey Yakisoba</u> Fried Potatoes	
В	Roast Turkey Shrimp Scampi Bread Dressing uttered Noodles	<u>Lunch</u> Porterhouse Steak <u>Crab Legs</u> <u>Honey Ginger Chicken</u> <u>Rice Pilaf</u>	<u>Lunch</u> Baked Chicken <u>Ground Turkey Yakisoba</u> Fried Potatoes <u>Rice Pilaf</u>	
B St	Roast Turkey Shrimp Scampi Bread Dressing uttered Noodles ir Fry Vegetables	<u>Lunch</u> Porterhouse Steak <u>Crab Legs</u> <u>Honey Ginger Chicken</u> <u>Rice Pilaf</u> Italian Roasted Potatoes	<u>Lunch</u> Baked Chicken <u>Ground Turkey Yakisoba</u> Fried Potatoes <u>Rice Pilaf</u> Cauliflower Combo	
B St	Roast Turkey Shrimp Scampi Bread Dressing uttered Noodles ir Fry Vegetables Brussels Sprouts	<u>Lunch</u> Porterhouse Steak <u>Crab Legs</u> <u>Honey Ginger Chicken</u> <u>Rice Pilaf</u> Italian Roasted Potatoes Steamed Asparagus	Lunch Baked Chicken Ground Turkey Yakisoba Fried Potatoes <u>Rice Pilaf</u> Cauliflower Combo <u>Black-Eye Peas</u>	
B St	Roast Turkey Shrimp Scampi Bread Dressing uttered Noodles ir Fry Vegetables	<u>Lunch</u> Porterhouse Steak <u>Crab Legs</u> <u>Honey Ginger Chicken</u> <u>Rice Pilaf</u> Italian Roasted Potatoes	<u>Lunch</u> Baked Chicken <u>Ground Turkey Yakisoba</u> Fried Potatoes <u>Rice Pilaf</u> Cauliflower Combo	
B St	Roast Turkey Shrimp Scampi Bread Dressing uttered Noodles ir Fry Vegetables Brussels Sprouts	<u>Lunch</u> Porterhouse Steak <u>Crab Legs</u> <u>Honey Ginger Chicken</u> <u>Rice Pilaf</u> Italian Roasted Potatoes Steamed Asparagus <u>Corn O'Brien</u>	Lunch Baked Chicken Ground Turkey Yakisoba Fried Potatoes <u>Rice Pilaf</u> Cauliflower Combo <u>Black-Eye Peas</u>	
B St I	Roast Turkey Shrimp Scampi Bread Dressing uttered Noodles ir Fry Vegetables Brussels Sprouts Turkey Gravy	Lunch Porterhouse Steak <u>Crab Legs</u> <u>Honey Ginger Chicken <u>Rice Pilaf</u> Italian Roasted Potatoes Steamed Asparagus <u>Corn O'Brien</u> Gravy</u>	Lunch Baked Chicken <u>Ground Turkey Yakisoba</u> Fried Potatoes <u>Rice Pilaf</u> Cauliflower Combo <u>Black-Eye Peas</u> Chicken Gravy	
B St E Chicke	Roast Turkey Shrimp Scampi Bread Dressing uttered Noodles tir Fry Vegetables Brussels Sprouts Turkey Gravy <u>Dinner</u>	Lunch Porterhouse Steak <u>Crab Legs</u> Honey Ginger Chicken <u>Rice Pilaf</u> Italian Roasted Potatoes Steamed Asparagus <u>Corn O'Brien</u> Gravy <u>Dinner</u>	Lunch Baked Chicken <u>Ground Turkey Yakisoba</u> Fried Potatoes <u>Rice Pilaf</u> Cauliflower Combo <u>Black-Eye Peas</u> Chicken Gravy <u>Dinner</u>	
B St E Chicke	Roast Turkey Shrimp Scampi Bread Dressing uttered Noodles ir Fry Vegetables Brussels Sprouts Turkey Gravy <u>Dinner</u> n Enchiladas (Scratch)	Lunch Porterhouse Steak <u>Crab Legs</u> Honey Ginger Chicken <u>Rice Pilaf</u> Italian Roasted Potatoes Steamed Asparagus <u>Corn O'Brien</u> Gravy <u>Dinner</u> Chicken Jambalaya	Lunch Baked Chicken <u>Ground Turkey Yakisoba</u> Fried Potatoes <u>Rice Pilaf</u> Cauliflower Combo <u>Black-Eye Peas</u> Chicken Gravy <u>Dinner</u> <u>Baked Fish</u>	
B St E Chicke	Roast Turkey Shrimp Scampi Bread Dressing uttered Noodles ir Fry Vegetables Brussels Sprouts Turkey Gravy <u>Dinner</u> n Enchiladas (Scratch) w/Mushroom Gravy	Lunch Porterhouse Steak <u>Crab Legs</u> <u>Honey Ginger Chicken</u> <u>Rice Pilaf</u> Italian Roasted Potatoes Steamed Asparagus <u>Corn O'Brien</u> Gravy <u>Dinner</u> Chicken Jambalaya <u>Meatloaf</u>	Lunch Baked Chicken Ground Turkey Yakisoba Fried Potatoes <u>Rice Pilaf</u> Cauliflower Combo <u>Black-Eye Peas</u> Chicken Gravy <u>Dinner</u> <u>Baked Fish</u> Sweet and Sour Pork	
B St E Chicke Veal	Roast Turkey Shrimp Scampi Bread Dressing uttered Noodles tir Fry Vegetables Brussels Sprouts Turkey Gravy <u>Dinner</u> n Enchiladas (Scratch) w/Mushroom Gravy Spanish Rice	Lunch Porterhouse Steak <u>Crab Legs</u> Honey Ginger Chicken <u>Rice Pilaf</u> Italian Roasted Potatoes Steamed Asparagus <u>Corn O'Brien</u> Gravy <u>Dinner</u> Chicken Jambalaya <u>Meatloaf</u> Steamed Rice	Lunch Baked Chicken <u>Ground Turkey Yakisoba</u> Fried Potatoes <u>Rice Pilaf</u> Cauliflower Combo <u>Black-Eye Peas</u> Chicken Gravy <u>Dinner</u> <u>Baked Fish</u> Sweet and Sour Pork Steamed Rice	
B St E Chicke Veal	Roast Turkey Shrimp Scampi Bread Dressing uttered Noodles tir Fry Vegetables Brussels Sprouts Turkey Gravy <u>Dinner</u> n Enchiladas (Scratch) w/Mushroom Gravy Spanish Rice Refried Beans	Lunch Porterhouse Steak <u>Crab Legs</u> <u>Honey Ginger Chicken</u> <u>Rice Pilaf</u> Italian Roasted Potatoes Steamed Asparagus <u>Corn O'Brien</u> Gravy <u>Dinner</u> Chicken Jambalaya <u>Meatloaf</u> Steamed Rice <u>Mashed Potatoes</u>	Lunch Baked Chicken Ground Turkey Yakisoba Fried Potatoes <u>Rice Pilaf</u> Cauliflower Combo <u>Black-Eye Peas</u> Chicken Gravy <u>Dinner</u> <u>Baked Fish</u> Sweet and Sour Pork Steamed Rice <u>Mashed Potatoes</u>	

Jul-13		Jul-14	Jul-15	Jul-16
DATE	Sunday	Monday	Tuesday	Wednesday
	Lunch	<u>Lunch</u>	Lunch	<u>Lunch</u>
Ba	arbeque Spareribs	Braised Pork Chops	Bayou Chicken	Parmesan Fish
<u>c</u>	Chicken w/Gravy	Lasagna	Shrimp Chop Suey	Turkey Yakisoba
	Egg Noodles	Fried Potatoes	Baked Potatoes	Steamed Rice
	Steamed Rice	Steamed Rice	Steamed Rice	Parsley Buttered Potat
	Buttered Corn	Mustard Greens	Brussels Sprouts	Steamed Broccoli
	Fried Cabbage	Cream Style Corn	Mixed Vegetables	Steamed Carrots
	Chicken Gravy	Brown Gravy	Chicken Gravy	Brown Gravy
	<u>Dinner</u>	<u>Dinner</u>	Dinner	<u>Dinner</u>
Polish Sau	sage w/Peppers & Onio	ons Chili Macaroni	Salisbury Steak	Pepper Steak
	Roast Turkey	<u>Chicken Adobo</u>	Roast Turkey	Fried Chicken
N	Aashed Potatoes	Egg Noodles	Bread Dressing	Steamed Rice
	Steamed Rice	Mashed Potatoes	Mashed Potatoes	Quick Baked Potatoe
Ē	Brussels Sprouts	Green Beans	LA Squash	Corn Combo
C+	tir Fry Vegetables	Corn O'Brien	Peas with Onions	Black-Eyed Peas
51	li riy vegetables	Corris Dileri		
51	Turkey Gravy	Chicken Gravy	Turkey Gravy	Chicken Gravy
31				
DATE	Turkey Gravy	Chicken Gravy	Turkey Gravy	
	Turkey Gravy Jul-17	Chicken Gravy	Turkey Gravy Jul-19	
	Turkey Gravy Jul-17 Thursday	Chicken Gravy Jul-18 Friday	Turkey Gravy Jul-19 Saturday	
DATE	Turkey Gravy Jul-17 Thursday Lunch	Chicken Gravy Jul-18 Friday Lunch	Turkey Gravy Jul-19 Saturday Lunch	
DATE	Turkey Gravy Jul-17 Thursday Lunch Roast Pork	Chicken Gravy Jul-18 Friday Lunch Porterhouse Steak	Turkey Gravy Jul-19 Saturday Lunch Creole Macaroni	
<b>DATE</b> Pi	Turkey Gravy Jul-17 Thursday Lunch Roast Pork ineapple Chicken	Chicken Gravy Jul-18 Friday Lunch Porterhouse Steak Crab Legs	Turkey Gravy Jul-19 Saturday Lunch Creole Macaroni Baked Battered Fish	
<b>DATE</b> Pi Bak	Turkey Gravy Jul-17 Thursday Lunch Roast Pork ineapple Chicken Fried Rice	Chicken Gravy Jul-18 Friday Lunch Porterhouse Steak <u>Crab Legs</u> <u>Rice Pilaf</u>	Turkey Gravy Jul-19 Saturday Lunch Creole Macaroni Baked Battered Fish Steamed Rice	
<b>DATE</b> Pi Bak	Turkey Gravy Jul-17 Thursday Lunch Roast Pork ineapple Chicken Fried Rice red Sweet Potatoes	Chicken Gravy Jul-18 Friday Lunch Porterhouse Steak <u>Crab Legs</u> <u>Rice Pilaf</u> Baked Potatoes	Turkey Gravy Jul-19 Saturday Lunch Creole Macaroni Baked Battered Fish Steamed Rice Mashed Potatoes	
<b>DATE</b> Pi Bak	Turkey Gravy Jul-17 Thursday Lunch Roast Pork ineapple Chicken Fried Rice red Sweet Potatoes rrbed Green Beans	Chicken Gravy Jul-18 Friday Lunch Porterhouse Steak <u>Crab Legs</u> <u>Rice Pilaf</u> Baked Potatoes Corn on the Cob	Turkey Gravy Jul-19 Saturday Lunch Creole Macaroni Baked Battered Fish Steamed Rice Mashed Potatoes Seasoned Carrot	
DATE Pi Bak He	Turkey Gravy Jul-17 Thursday Lunch Roast Pork ineapple Chicken Fried Rice red Sweet Potatoes rbed Green Beans Corn O'Brien Chicken Gravy <u>Dinner</u>	Chicken Gravy Jul-18 Friday Lunch Porterhouse Steak Crab Legs Rice Pilaf Baked Potatoes Corn on the Cob Glazed Carrots Gravy Dinner	Turkey Gravy Jul-19 Saturday Lunch Creole Macaroni Baked Battered Fish Steamed Rice Mashed Potatoes Seasoned Carrot Stir Fry Vegetables Chicken Gravy <u>Dinner</u>	
DATE Pi Bak He	Turkey Gravy Jul-17 Thursday Lunch Roast Pork ineapple Chicken Fried Rice red Sweet Potatoes rbed Green Beans Corn O'Brien Chicken Gravy <u>Dinner</u> rilled Ham Steaks	Chicken Gravy Jul-18 Friday Lunch Porterhouse Steak <u>Crab Legs</u> <u>Rice Pilaf</u> Baked Potatoes Corn on the Cob <u>Glazed Carrots</u> Gravy <u>Dinner</u> Pineapple Chicken	Turkey Gravy Jul-19 Saturday Lunch Creole Macaroni Baked Battered Fish Steamed Rice Mashed Potatoes Seasoned Carrot Stir Fry Vegetables Chicken Gravy <u>Dinner</u> Herbed Baked Chicken	
DATE Pi Bak He	Turkey Gravy Jul-17 Thursday Lunch Roast Pork ineapple Chicken Fried Rice ted Sweet Potatoes rbed Green Beans Corn O'Brien Chicken Gravy <u>Dinner</u> rilled Ham Steaks Chicken And Noodles	Chicken Gravy Jul-18 Friday Lunch Porterhouse Steak Crab Legs Rice Pilaf Baked Potatoes Corn on the Cob Glazed Carrots Gravy Dinner Pineapple Chicken Italian Meatballs	Jul-19 Jul-19 Saturday Lunch Creole Macaroni Baked Battered Fish Steamed Rice Mashed Potatoes Seasoned Carrot Stir Fry Vegetables Chicken Gravy Dinner Herbed Baked Chicken Veal Steaks	
DATE Pi Bak He	Turkey Gravy Jul-17 Thursday Lunch Roast Pork ineapple Chicken Fried Rice red Sweet Potatoes rbed Green Beans Corn O'Brien Chicken Gravy <u>Dinner</u> rilled Ham Steaks	Chicken Gravy	Turkey Gravy Jul-19 Saturday Lunch Creole Macaroni Baked Battered Fish Steamed Rice Mashed Potatoes Seasoned Carrot Stir Fry Vegetables Chicken Gravy <u>Dinner</u> Herbed Baked Chicken Veal Steaks Steamed Rice	
DATE Pi Bak He Baked	Turkey Gravy Jul-17 Thursday Lunch Roast Pork ineapple Chicken Fried Rice red Sweet Potatoes rbed Green Beans Corn O'Brien Chicken Gravy <u>Dinner</u> rilled Ham Steaks Chicken And Noodles Steamed Rice Paprika Potatoes	Chicken Gravy Jul-18 Friday Lunch Porterhouse Steak <u>Crab Legs</u> <u>Rice Pilaf</u> Baked Potatoes Corn on the Cob <u>Glazed Carrots</u> Gravy <u>Dinner</u> <u>Pineapple Chicken</u> Italian Meatballs Fried Rice <u>Mashed Potatoes</u>	Jul-19 Jul-19 Saturday Lunch Creole Macaroni Baked Battered Fish Steamed Rice Mashed Potatoes Seasoned Carrot Stir Fry Vegetables Chicken Gravy Dinner Herbed Baked Chicken Veal Steaks Steamed Rice Mashed Potatoes	
DATE Pi Bak He Baked	Turkey Gravy Jul-17 Thursday Lunch Roast Pork ineapple Chicken Fried Rice ed Sweet Potatoes rbed Green Beans Corn O'Brien Chicken Gravy <u>Dinner</u> rilled Ham Steaks Chicken And Noodles Steamed Rice Paprika Potatoes Peas and Carrots	Chicken Gravy	Turkey Gravy Jul-19 Saturday Lunch Creole Macaroni Baked Battered Fish Steamed Rice Mashed Potatoes Seasoned Carrot Stir Fry Vegetables Chicken Gravy Dinner Herbed Baked Chicken Veal Steaks Steamed Rice Mashed Potatoes Seasoned Green Beans	
DATE Pi Bak He Baked	Turkey Gravy Jul-17 Thursday Lunch Roast Pork ineapple Chicken Fried Rice red Sweet Potatoes rbed Green Beans Corn O'Brien Chicken Gravy <u>Dinner</u> rilled Ham Steaks Chicken And Noodles Steamed Rice Paprika Potatoes	Chicken Gravy Jul-18 Friday Lunch Porterhouse Steak <u>Crab Legs</u> <u>Rice Pilaf</u> Baked Potatoes Corn on the Cob <u>Glazed Carrots</u> Gravy <u>Dinner</u> <u>Pineapple Chicken</u> Italian Meatballs Fried Rice <u>Mashed Potatoes</u>	Jul-19 Jul-19 Saturday Lunch Creole Macaroni Baked Battered Fish Steamed Rice Mashed Potatoes Seasoned Carrot Stir Fry Vegetables Chicken Gravy Dinner Herbed Baked Chicken Veal Steaks Steamed Rice Mashed Potatoes	

# Week 2

Jul-20 Sunday Lunch edish Meatballs coast Turkey read Dressing tered Noodles ed Vegetables avory Squash Giblet Gravy Dinner ef and Noodles Baked Fish Buttered Potatoes teamed Rice easoned Corn ussels Sprouts Brown Gravy	Jul-21 Monday Lunch Beef Stew Chinese 5 Spice Chicken Breast Mashed Potatoes Steamed Rice Herbed Green Beans Cauliflower Polonaise Brown Gravy Dinner Turkey Loaf Baked Chicken Buttered Egg Noodles Steamed Rice Fried Cabbage Peas with Onions Brown Gravy	Jul-22 Tuesday Lunch Beef Sukiyaki Honey Glazed Chicken Mashed Potatoes Steamed Rice Seasoned Corn Seasoned Broccoli Chicken Gravy <u>Dinner</u> Shrimp Scampi Salisbury Steak Buttered Noodles Steamed Rice Green Beans Glazed Carrots	Jul-23 Wednesday Lunch Barbeque Spareribs Turkey ala King Baked Potato Halves Noodles Jefferson Collard Greens Corn on the Cob Brown Gravy <u>Dinner</u> Yankee Pot Roast Pork Chop w/Mushroom Cottage Fried Potatoes Steamed Rice Seasoned Corn Seasoned Peas
Lunch edish Meatballs coast Turkey read Dressing tered Noodles ed Vegetables avory Squash Giblet Gravy Dinner ef and Noodles Baked Fish Buttered Potatoes teamed Rice easoned Corn ussels Sprouts	Lunch Beef Stew Chinese 5 Spice Chicken Breast Mashed Potatoes <u>Steamed Rice</u> <u>Herbed Green Beans</u> Cauliflower Polonaise Brown Gravy <u>Dinner</u> Turkey Loaf <u>Baked Chicken</u> <u>Buttered Egg Noodles</u> Steamed Rice Fried Cabbage <u>Peas with Onions</u>	Lunch Beef Sukiyaki Honey Glazed Chicken Mashed Potatoes Steamed Rice Seasoned Corn Seasoned Broccoli Chicken Gravy <u>Dinner</u> Shrimp Scampi Salisbury Steak Buttered Noodles Steamed Rice Green Beans	Lunch Barbeque Spareribs Turkey ala King Baked Potato Halves Noodles Jefferson Collard Greens Corn on the Cob Brown Gravy <u>Dinner</u> Yankee Pot Roast Pork Chop w/Mushroom Cottage Fried Potatoes Steamed Rice Seasoned Corn
edish Meatballs Roast Turkey read Dressing retered Noodles ed Vegetables avory Squash Giblet Gravy <u>Dinner</u> ef and Noodles <u>Baked Fish</u> Buttered Potatoes teamed Rice easoned Corn ussels Sprouts	Beef Stew Chinese 5 Spice Chicken Breast Mashed Potatoes Steamed Rice Herbed Green Beans Cauliflower Polonaise Brown Gravy Dinner Turkey Loaf Baked Chicken Buttered Egg Noodles Steamed Rice Fried Cabbage Peas with Onions	Beef Sukiyaki Honey Glazed Chicken Mashed Potatoes Steamed Rice Seasoned Corn Seasoned Broccoli Chicken Gravy <u>Dinner</u> Shrimp Scampi Salisbury Steak Buttered Noodles Steamed Rice Green Beans	Barbeque Spareribs Turkey ala King Baked Potato Halves Noodles Jefferson Collard Greens Corn on the Cob Brown Gravy <u>Dinner</u> Yankee Pot Roast Pork Chop w/Mushroom Cottage Fried Potatoes Steamed Rice Seasoned Corn
Roast Turkey read Dressing tered Noodles ed Vegetables avory Squash Giblet Gravy <u>Dinner</u> ef and Noodles <u>Baked Fish</u> Buttered Potatoes teamed Rice easoned Corn ussels Sprouts	Chinese 5 Spice Chicken Breast Mashed Potatoes <u>Steamed Rice</u> <u>Herbed Green Beans</u> Cauliflower Polonaise Brown Gravy <u>Dinner</u> Turkey Loaf <u>Baked Chicken</u> <u>Buttered Egg Noodles</u> Steamed Rice Fried Cabbage <u>Peas with Onions</u>	Honey Glazed Chicken Mashed Potatoes Steamed Rice Seasoned Corn Seasoned Broccoli Chicken Gravy <u>Dinner</u> Shrimp Scampi Salisbury Steak Buttered Noodles Steamed Rice Green Beans	Turkey ala King Baked Potato Halves Noodles Jefferson Collard Greens Corn on the Cob Brown Gravy <u>Dinner</u> Yankee Pot Roast Pork Chop w/Mushroom Cottage Fried Potatoes Steamed Rice Seasoned Corn
read Dressing tered Noodles tered Noodles tered Vegetables avory Squash Giblet Gravy <u>Dinner</u> ef and Noodles <u>Baked Fish</u> Buttered Potatoes teamed Rice teasoned Corn ussels Sprouts	Mashed Potatoes <u>Steamed Rice</u> <u>Herbed Green Beans</u> Cauliflower Polonaise Brown Gravy <u>Dinner</u> Turkey Loaf <u>Baked Chicken</u> <u>Buttered Egg Noodles</u> Steamed Rice Fried Cabbage <u>Peas with Onions</u>	Mashed Potatoes Steamed Rice Seasoned Corn Seasoned Broccoli Chicken Gravy <u>Dinner</u> Shrimp Scampi Salisbury Steak Buttered Noodles Steamed Rice Green Beans	Baked Potato Halves Noodles Jefferson Collard Greens Corn on the Cob Brown Gravy <u>Dinner</u> Yankee Pot Roast Pork Chop w/Mushroom Cottage Fried Potatoes Steamed Rice Seasoned Corn
<u>tered Noodles</u> <u>avory Squash</u> Giblet Gravy <u>Dinner</u> ef and Noodles <u>Baked Fish</u> Buttered Potatoes <u>teamed Rice</u> <u>easoned Corn</u> ussels Sprouts	Steamed Rice Herbed Green Beans Cauliflower Polonaise Brown Gravy <u>Dinner</u> Turkey Loaf <u>Baked Chicken</u> <u>Buttered Egg Noodles</u> Steamed Rice Fried Cabbage <u>Peas with Onions</u>	Steamed Rice Seasoned Corn Seasoned Broccoli Chicken Gravy <u>Dinner</u> Shrimp Scampi Salisbury Steak Buttered Noodles Steamed Rice Green Beans	Noodles Jefferson Collard Greens Corn on the Cob Brown Gravy <u>Dinner</u> Yankee Pot Roast Pork Chop w/Mushroom Cottage Fried Potatoes Steamed Rice Seasoned Corn
ed Vegetables avory Squash Giblet Gravy <u>Dinner</u> ef and Noodles <u>Baked Fish</u> Buttered Potatoes teamed Rice easoned Corn ussels Sprouts	<u>Herbed Green Beans</u> Cauliflower Polonaise Brown Gravy <u>Dinner</u> Turkey Loaf <u>Baked Chicken</u> <u>Buttered Egg Noodles</u> Steamed Rice Fried Cabbage <u>Peas with Onions</u>	Seasoned Corn Seasoned Broccoli Chicken Gravy <u>Dinner</u> Shrimp Scampi Salisbury Steak Buttered Noodles Steamed Rice Green Beans	Collard Greens Corn on the Cob Brown Gravy <u>Dinner</u> Yankee Pot Roast Pork Chop w/Mushroom Cottage Fried Potatoes Steamed Rice Seasoned Corn
avory Squash Giblet Gravy <u>Dinner</u> ef and Noodles <u>Baked Fish</u> Buttered Potatoes teamed Rice easoned Corn ussels Sprouts	Cauliflower Polonaise Brown Gravy <u>Dinner</u> Turkey Loaf <u>Baked Chicken</u> <u>Buttered Egg Noodles</u> Steamed Rice Fried Cabbage <u>Peas with Onions</u>	Seasoned Broccoli Chicken Gravy <u>Dinner</u> Shrimp Scampi Salisbury Steak Buttered Noodles Steamed Rice Green Beans	Corn on the Cob Brown Gravy <u>Dinner</u> Yankee Pot Roast Pork Chop w/Mushroom Cottage Fried Potatoes Steamed Rice Seasoned Corn
Giblet Gravy <u>Dinner</u> ef and Noodles <u>Baked Fish</u> Buttered Potatoes <u>teamed Rice</u> <u>easoned Corn</u> ussels Sprouts	Brown Gravy <u>Dinner</u> Turkey Loaf <u>Baked Chicken</u> <u>Buttered Egg Noodles</u> Steamed Rice Fried Cabbage <u>Peas with Onions</u>	Chicken Gravy <u>Dinner</u> Shrimp Scampi Salisbury Steak Buttered Noodles Steamed Rice Green Beans	Brown Gravy <u>Dinner</u> Yankee Pot Roast Pork Chop w/Mushroom Cottage Fried Potatoes Steamed Rice Seasoned Corn
<u>Dinner</u> ef and Noodles <u>Baked Fish</u> Buttered Potatoes <u>teamed Rice</u> easoned Corn ussels Sprouts	<u>Dinner</u> Turkey Loaf <u>Baked Chicken</u> <u>Buttered Egg Noodles</u> Steamed Rice Fried Cabbage <u>Peas with Onions</u>	<u>Dinner</u> Shrimp Scampi Salisbury Steak Buttered Noodles Steamed Rice Green Beans	<u>Dinner</u> Yankee Pot Roast Pork Chop w/Mushroom Cottage Fried Potatoes Steamed Rice Seasoned Corn
ef and Noodles <u>Baked Fish</u> Buttered Potatoes <u>teamed Rice</u> easoned Corn ussels Sprouts	Turkey Loaf <u>Baked Chicken</u> <u>Buttered Egg Noodles</u> Steamed Rice Fried Cabbage <u>Peas with Onions</u>	Shrimp Scampi Salisbury Steak Buttered Noodles Steamed Rice Green Beans	Yankee Pot Roast Pork Chop w/Mushroom Cottage Fried Potatoes Steamed Rice Seasoned Corn
Baked Fish Buttered Potatoes teamed Rice easoned Corn ussels Sprouts	<u>Baked Chicken</u> <u>Buttered Egg Noodles</u> Steamed Rice Fried Cabbage <u>Peas with Onions</u>	Salisbury Steak Buttered Noodles Steamed Rice Green Beans	Pork Chop w/Mushroom Cottage Fried Potatoes Steamed Rice Seasoned Corn
Buttered Potatoes teamed Rice easoned Corn ussels Sprouts	<u>Buttered Egg Noodles</u> Steamed Rice Fried Cabbage <u>Peas with Onions</u>	Buttered Noodles Steamed Rice Green Beans	Cottage Fried Potatoes Steamed Rice Seasoned Corn
<u>teamed Rice</u> easoned Corn ussels Sprouts	Steamed Rice Fried Cabbage Peas with Onions	Steamed Rice Green Beans	Steamed Rice Seasoned Corn
easoned Corn ussels Sprouts	Fried Cabbage Peas with Onions	Green Beans	Seasoned Corn
ussels Sprouts	Peas with Onions		
•		Glazed Carrots	Seasoned Peas
Brown Gravy	Brown Gravy		Jeasoneu reas
		Brown Gravy	Mushroom Gravy
Jul-24	Jul-25	Jul-26	
Thursday	Friday	Saturday	
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	
etti w/Meat Sauce	Porterhouse Steak	Baked Fish	
t & Sour Chicken	<u>Crab Legs</u>	<u>Jaegerschnitzel</u>	
ghetti Noodles	<u>Rice Pilaf</u>	Baked Potato	
Fried Rice	Baked Potatoes	Fried Rice	
erbed Broccoli	Steamed Asparagus	Lima Beans	
eamed Carrots	Glazed Carrots	<u>Carrots</u>	
hicken Gravy	Gravy	Brown Gravy	
<u>Dinner</u>	Dinner	Dinner	
o Chicken Breast	Lasagna	Grilled Pork Chops	
ed Battered Fish	Honey Ginger Chicken	Turkey Ala King	
shed Potatoes	O'Brien Potatoes	Steamed Rice	
red Egg Noodles	Brown Rice	Mashed Potatoes	
Lima Beans	Mustard Greens	Seasoned Corn	
Cauliflower	Mixed Vegetables	Steamed Broccoli	
hicken Gravy	Chicken Gravy	Brown Gravy	
t g F er hi s c Li	ti w/Meat Sauce & Sour Chicken hetti Noodles ried Rice bed Broccoli med Carrots cken Gravy <u>Dinner</u> Chicken Breast Battered Fish hed Potatoes ed Egg Noodles ma Beans auliflower	ti w/Meat Sauce Porterhouse Steak & Sour Chicken <u>Crab Legs</u> hetti Noodles <u>Rice Pilaf</u> ried Rice Baked Potatoes bed Broccoli Steamed Asparagus med Carrots <u>Glazed Carrots</u> cken Gravy Gravy <u>Dinner Dinner</u> Chicken Breast Lasagna Battered Fish <u>Honey Ginger Chicken</u> hed Potatoes O'Brien Potatoes ed Egg Noodles <u>Brown Rice</u> ma Beans Mustard Greens auliflower <u>Mixed Vegetables</u>	ti w/Meat Sauce Porterhouse Steak Baked Fish & Sour Chicken <u>Crab Legs</u> Jaegerschnitzel hetti Noodles <u>Rice Pilaf</u> Baked Potato Fried Rice Baked Potatoes <u>Fried Rice</u> bed Broccoli Steamed Asparagus Lima Beans med Carrots <u>Glazed Carrots</u> <u>Carrots</u> cken Gravy Gravy Brown Gravy <u>Dinner</u> <u>Dinner</u> <u>Dinner</u> Chicken Breast Lasagna <u>Grilled Pork Chops</u> Battered Fish <u>Honey Ginger Chicken</u> Turkey Ala King bed Potatoes O'Brien Potatoes Steamed Rice ed Egg Noodles <u>Brown Rice</u> <u>Mashed Potatoes</u> ma Beans Mustard Greens <u>Seasoned Corn</u> auliflower <u>Mixed Vegetables</u> Steamed Broccoli

# Week 3

DATE	Jul-27	Jul-28	Jul-29	Jul-30
	Sunday	Monday	Tuesday	Wednesday
	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
Grilled Ita	lian Sausage w/Peppers	<u>s</u> Chili Macaroni	Chicken Adobo	Roast Beef
Sout	hern Fried Chicken	Chicken and Gravy	Mongolian Stir Fry	Chicken Pot Pie
N	lashed Potatoes	Mashed Potatoes	Mashed Potatoes	Steamed Rice
Stea	amed Egg Noodles	Steamed Rice	Fried Rice	Mashed Potatoes
(	Calico Cabbage	<u>Corn Combo</u>	Brussels Sprout Parmesan	Seasoned Green Bean
	Green Beans	Club Spinach	Glazed Carrots	Mixed Vegetables
	Chicken Gravy	Mushroom Gravy	Chicken Gravy	Natural Pan Gravy
	<u>Dinner</u>	Dinner	Dinner	<u>Dinner</u>
Ba	iked Ham Steaks	Pork Adobo	Cajun Baked Fish	Sweet and Sour Pork Che
	Beef Stew	<b>Roasted Turkey</b>	Grilled Polish Sausage	Herbed Baked Chicker
	Steamed Rice	Steamed Noodles	Buttered Egg Noodles	Rice Pilaf
Bake	ed Sweet Potatoes	Steamed Rice	Franconia Potatoes	Baked Potatoes
	Succotash	Green Beans	Seasoned Succotash	LA Style Squash
-	Seasoned Peas	<u>Corn on the Cob</u>	Steamed Broccoli	Seasoned Collard Gree
	Brown Gravy	Brown Gravy	Brown Gravy	Chicken Gravy

Week	4
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DATE	Jul-31	Aug-01	Aug-02
	Thursday	Friday	Saturday
	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
C	Drange Chicken	Porterhouse Steak	Teriyaki Chicken
	Turkey Loaf	Crab Legs	Spaghetti with Meat Sauce
Stear	ned Pasta Noodles	<u>Rice Pilaf</u>	Spaghetti Noodles
P	arsley Potatoes	Baked Potatoes	Rice Pilaf
Buttered Carrots		Steamed Asparagus	Buttered Peas
Br	occoli Parmesan	Glazed Carrots	Seasoned Carrots
	Brown Gravy	Gravy	Chicken Gravy
	<u>Dinner</u>	Dinner	Dinner
G	inger Pot Roast	Barbeque Beef Cubes	Turkey Loaf
Baked	Ham, Mac & Tomato	Chicken Nuggets	Pineapple Chicken
	Steamed Rice	Steamed Pasta Noodles	Steamed Rice
O'Brien Potatoes		Paprika Potatoes	Mashed Potatoes
Seasoned Corn		Mustard Greens	Seasoned Spinach
Gre	en Beans Nicoise	<u>Cauliflower</u>	Mixed Vegetables
	Brown Gravy	Brown Gravy	Brown Gravy