

July Menu

*Menu is Subject to



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	UPDATED! 7-9-2021		1. Happy Birthday Stuffed Peppers Rice Carrots Com bread Cake	2. Stuffed Crab Pollack rice Green Beans Garlic Bread Fruit
5.	6. Spaghetti Key Largo Rolls fruit	7. Pot Roast Mashed /gravy Broccoli Normand Dinner Rolls Cheese Cake	8. Chicken & Biscuit Brussel Sprouts Biscuit Yogurt	9. Baked Cod Rice Pilaf San Francisco Garlic Bread muffins
12. Chicken Legs Scalloped potatoes Glazed Carrots Wheat bread fruit	13 Sweet and Sour Pork w/ rice Peas Herb bread Pudding	14 membership Turkey w/ trimmings herb rolls Green Beans Apple pies	15 Chili Rice Com Com Bread Jello	16 Catfish Cheddar Bits Garlic Bread German blend Peaches
19 Chicken Fried Stk German blend Mashed and gravy French bread Cup cakes	20 Pork Patties Cheddar bits Green Beans Buns Fruit	21 Liver and onions Mashed/gravy Peas and carrots Cake Baked bread	22 Turkey al-la-king Rice Broccoli Normandy Bread\ cake	23 Fish cakes FF Garlic Bread Peas pears
26 Mac & Cheese w/ ham Key Largo Com bread Peaches	27. breakfast	28 Baked Chicken w/ baked sweet Potatoes Peas and onions Rolls pie	29 Beef Stew Biscuit Mixed veggies Yogurt	30 Baked Pollock Baked Potato Broccoli Spears Garlic Bread Pudding

Grab N' Go Meals Suspended until further notice. On Fish & Liver days, there is an alternative choice.
Fish, unless otherwise noted is wild caught.