



## Lunch

| Week 5   | Monday July 24                   | Tuesday July 25                        | Wednesday July 26          | Thursday July 27               | Friday July 28                             | Saturday July 29  | Sunday July 30                        |
|----------|----------------------------------|--|----------------------------|--------------------------------|--|---|---------------------------------------|
| Soup     | Split Pea and Ham                | Italian Wedding Soup                   | Apple and Butternut Squash | Corn Chowder                   | Beef Barley                                | Tortellini Soup   | * Navy Bean Soup                      |
| Entrée 1 | Western Sandwich                 | Pepperoni Pizza                        | Southwest Turkey Burger    | Tuna Nicoise Salad             | Chicken Cobb Salad                         | * Eggs Benedict   | Chicken Salad Sandwich on Whole Wheat |
| side     | Hashbrowns & Tomato Slices       | Caesar Salad                           | Sweet Potato Fries         | Galic Bread                    | Dinner Roll                                | Fresh Seasonal Fruit  | Chickpea Salad                        |
| Entrée 2 | Vegetarian Chili with Sour Cream | Greek Salad wth Grilled Chicken Breast | Crab Salad on Croissant    | Prosciutto and Peach Flatbread | * Grilled Portabello Mushroom Swiss Burger | Peanut Butter Stuffed French Toast with caramelized bananas and bacon | Veal Parmesan Sandwich                |
| Side     | Tossed Salad                     | Pita Bread                             | Garden Salad               | Cornbread Muffin               | French Fries                               | Caesar Salad  | Chickpea Salad                        |
| Dessert  | Assorted Desserts                | Assorted Desserts                      | Assorted Desserts          | Assorted Desserts              | Assorted Desserts                          | Assorted Desserts   | Assorted Desserts                     |

## DINNER

|           |                      |                             |                                |                                     |   |                         |  |
|-----------|----------------------|-----------------------------|--------------------------------|-------------------------------------|---|-------------------------|--|
| Appetizer | Bruschetta           | Quinoa Salad                | Watermelon Mint & Feta Salad   | Corn and Black Bean Salad           | * Broccoli Cauliflower Salad                    | Garlic Cheese Bread     | Cucumber Carrot and Red Onion Salad    |
| Entrée 1  | Chicken Thighs Adobo | Linguine with Clams         | Cabbage Rolls Marinara Sauce   | Shrimp and Mushroom Rissoto         | Fish n' Chips Tartar Sauce                      | Turkey Divan            | Roast Beef Au Jus                      |
| Side      | Steamed Rice         | Garlic Toast & Tossed Salad | Mini Roasted Red Potatoes      | Creamy Coleslaw                     | Rice Pilaf                                      | Mashed Potatoes         |  |
| Entrée 2  | Beef Stir Fry        | Pork & Black Bean Stew      | BBQ Chicken Legs               | Roasted Pork Loin with Robert Sauce | Four Cheese Ravioli Marinara Sauce Garlic Bread | Honey Hoisin Pork Chops | Pan Seared Basa Filet with Mango Salsa |
| Side      | Steamed Rice         | O'Brien Potatoes            | Mini Roasted Red Potatoes      | Whipped Potatoes                    | Garden Salad                                    | Rice Pilaf              | Mashed Potatoes                        |
| Vegetable | Stir Fry Vegetables  | Buttered Corn               | Braised Red Cabbage            | Seasoned Peas                       | .   | Green & Gold Beans      | Sauteed Swiss Chard                    |
| Vegetable |                      | Seasoned Peas               | * Green Beans Almondine        | *Cauliflower                        | .   | Roasted Candied Carrots | *Beets                                 |
| Dessert   | Pecan Pie            | Mango Ice Cream             | Salted Caramel Pretzel Brownie | Orange Citrus Cake                  | Nanaimo Bars                                    | Mini Vanilla Cream Puff | Date Square                            |

\* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local

Breakfast - Daily menu choices - Eggs Various preparations, Cereal, Fresh Fruit, Yogurt, Granola, Juice, Milk, Coffee and Tea