

COUNTRY NEIGHBOR MENU

JULY 2017

JUN. 23, 2017 9:13 AM
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Monday	Tuesday	Wednesday	Thursday	Friday
3 BBQ Chicken Macaroni Salad Baked Beans Fruited Jello Juice	4 CLOSED In Celebration of Independence Day!	5 Cheese Ravioli w/ Meal Sauce Green Beans Tossed Salad Garlic Bread Fresh Watermelon	6 Ham Slice Scalloped Potatoes Sanoma Vegetables Pineapple Juice	7 Sloppy Jo on Bun Roasted Seasoned Potatoes Mixed Vegetables Pea Salad Peaches
10 Italian Sausage w/ Peppers & Onions on Bun Baked Potato w/ Broccoli, Cheese & Sour Cream Applesauce	11 Baked Chicken Cheesy Rice Broccoli Cuts Tomato Cucumber Salad Tropical Fruit	12 Cabbage Roll w/ Tomato Gravy Mashed Potatoes Buttered Corn Tossed Salad Fresh Banana	13 Creamed Chicken with Dumplings, Peas & Carrots Beet Salad Pineapple & Cottage Cheese Cup	14 Taco Salad w/ Beef, Tortilla Chips, Lettuce, Tomatoes, Sour Cream & Shredded Cheese Spanish Rice Mexican Corn & Juice
17 Macaroni & Cheese Spinach Tossed Salad Tropical Fruit	18 Meatloaf Mashed Potatoes/Gravy Lima Beans Coleslaw Watermelon	19 Breaded Chicken Rice Pilaf Green Beans Beet Salad Jello w/ Whipped Topping	20 BBQ Pork Chops Garlic Buttered Parslied Noodles Capri Vegetables Carrot Raisin Salad Cinnamon Applesauce	21 Turkey w/ Provolone Cheese on Wrap Tortillini Salad w/ Vegetables Peaches & Cream Juice
24 Sweet & Sour Pork w/ Oriental Vegetables Rice Cabbage Salad Pineapple	25 Hamburger Gravy over Mashed Potatoes Stewed Tomatoes Corn Salad Juice	26 Italian Chicken Side of Spaghetti Tossed Salad Green Beans Juice	27 Pepper Steak w/ Beef, Peppers & Onions Rice Creamy Cucumbers Pineapple Mandarin Orange Salad	28 Pepperoni Pizza Side Salad w/ Tomato & Cucumber Ambrosia Juice
31 Chef's Salad w/ Turkey, Ham, Cheese, Egg & Vegetables Baked Potato w/ Broccoli, Cheese & Sour Cream Applesauce				30 3 oz. protein 4 oz. fruit 4 oz. vegetables 3 oz. starch 2 oz. grain 8 oz. casserole

Menu meets nutritional needs of healthy adults;

Allison Mard, MS, RD, LD, CLS