




July 2021 Menu



Mon	Tue	Wed	Thu	Fri
<u>Meat Substitute Meal</u> Grilled Chicken Breast Broccoli Yellow Squash Roll Applesauce Seasonal Fruit	<u>Veggie Substitute Meal</u> Great Northern Beans Broccoli Yellow Squash Roll Applesauce Seasonal Fruit		1 Salmon Patty Broccoli Corn Whole Wheat Roll Fruit Gelatin Seasonal Fruit	2  Hotdog  Oven Brown Potatoes Baked Beans Hotdog Bun / Mustard / Ketchup Cantaloupe Seedless Watermelon
5 CLOSED 	6 Sloppy Joe Squash & Zucchini Potato Cake Bun Sweet & Sour Coleslaw Seasonal Fruit	7 Chicken Parmesan Parsley Potatoes Spinach Roll Garden Ranch Pasta Salad Mandarin Oranges	8 Beef Stroganoff over Noodles Squash Medley Baked Apples w/ Raisins Three Bean Salad Seasonal Fruit Cookies	9 Chicken Stir-Fry w/ Red & Green Peppers Yellow Rice Hot Cinnamon Peaches Roll Black Bean Salad Seasonal Fruit
12 Ham & Cheese Omelet Diced Potatoes Stewed Tomatoes Biscuit / Jelly Fruit Salad Grapes	13 Grilled Chicken Breast Green Beans Cheesy Potatoes Marinated Tomatoes Seasonal Fruit Vanilla Cake Square	14 Pinto Beans Collard Greens Mac & Cheese Corn Bread Muffin Beet Salad Seasonal Fruit	15 Pulled Pork BBQ Baked Beans Peach Cobbler Bun Eastern NC Slaw Fruit Salad	16 Chicken Fettuccini Alfredo Spinach Carrots Orange Slices Seasonal Fruit Brownie
19 Smothered Veal Mashed Potatoes Carrots Roll Italian Pasta Salad Seasonal Fruit	20 Baked Spaghetti Green Peas Fried Okra Broccoli & Cauliflower Salad Seedless Watermelon Seasonal Fruit	21 Sliced Ham w/ Glaze Black-Eyed Peas Warm Potato Salad Roll Seasonal Fruit Vanilla Pudding w/ Mixed Berries	22 Chicken Salad Tomato & Cucumber Salad Macaroni Salad Peaches Cottage Cheese Saltine Crackers	23 Pork Loin w/ Glaze Dill Potatoes Steamed Cabbage Roll Black Bean Salad Seedless Watermelon
26 Hawaiian Chicken over Yellow Rice Collard Greens Carrots Pineapple Tidbits Seasonal Fruit Chocolate Chip Cookie	27 Creole Fish over Rice Yellow Squash Blueberry Cobbler Tossed Salad Pickled Beets Seasonal Fruit	28 Cube Steak w/ Gravy Oven Brownd Potatoes Green Beans Roll Seasonal Fruit Tropical Fruit Whip	29 Chicken Stroganoff w/ Noodles Cauliflower Carrots Applesauce Seasonal Fruit Brownie	30 Cheesy Beef & Mac Casserole Green Beans Cabbage Tossed Salad Peaches Cherry Gelatin w/ Fruit

**You may choose a Meat or Veggie Substitute Meal in place of a meal on any given day.
 You must call our Office at 704-633-0352 by noon the day before you want a substitute meal.**