



July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p>BREAKFAST Oatmeal, Assorted Danish, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Matzo Ball Soup, Turkey Wrap, Onion Rings, Marinated Three Beans Salad, Banana Cream Pie</p> <p>DINNER Quebecois Pea Soup, Cedar Plank Garlic Herbed Salmon, Sautéed Zucchini & Cherry Tomatoes, Rosemary Focaccia, Canada Day Raspberry Cheesecake Shots</p> <p>Canada Day</p>	<p>BREAKFAST Oatmeal, Coffee Cake, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Chicken Noodle Soup, Egg Salad Croissant, Tossed Tomato & Onion Salad, Fresh Fruit Cup</p> <p>DINNER French Onion Soup, Eggplant Parmesan, Grilled Zucchini, Garlic Bread, Sponge Cake</p>
<p>BREAKFAST Oatmeal, Bagel Blast, Eggs Any Style, Choice of Meat & Fruit</p> <p>LUNCH Cream of Mushroom Soup, Spinach Quiche, Garden Salad, Zucchini Bread, Chocolate Éclair</p> <p>DINNER Lentil Soup, Stuffed Cabbage, Garden Rice, Glazed Carrots, Lemon Bar</p>	<p>BREAKFAST Oatmeal, Waffles, Eggs Any Style, Meat and Fruit</p> <p>LUNCH 4th of July Rooftop BBQ BBQ Ribs, Grilled Chicken Things, Baked Beans, Corn on The Cob, Potato Salad, Fresh Watermelon, Blueberry Cobbler</p> <p>DINNER Cream of Butternut Squash, Lemon Butter Baked White Fish, Sautéed Spinach & Tomatoes, Steamed Cauliflower, Boston Cream Pie</p> <p>Independence Day (US)</p>	<p>BREAKFAST Oatmeal, Fresh Baked Muffin, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Split Pea Soup</p> <p>DINNER Sweet & Sour Meatballs, Steamed Rice, Brownie</p> <p>Summer Corn Soup w/ Fresh Herbs, Shrimp Scampi Pasta, Steamed Broccoli, Dinner Roll, Apple Turnover</p> <p>National Apple Turnover Day</p>	<p>BREAKFAST Oatmeal, Pancakes, Eggs Any Style, Meat and Fruit</p> <p>LUNCH White Bean Soup, Fried Chicken, Mashed Potatoes, Green Beans, Corn Bread, Key Lime Pie</p> <p>DINNER Summer Minestrone Soup</p> <p>Salisbury Steak, Lemon Rice Pilaf, Roasted Brussel Sprouts, Banana Cake</p> <p>National Fried Chicken Day</p>	<p>BREAKFAST Oatmeal, French Toast, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Chicken Vegetable Soup, Tuna Salad Pita Pocket, Beet Salad, Potato Chips, Strawberry Sundae</p> <p>DINNER Cream of Carrot Soup, Stuffed Bell Peppers, Brown Rice, Sautéed Garlic Spinach, Chocolate Cupcakes</p> <p>National Strawberry Sundae Day</p>	<p>BREAKFAST Oatmeal, Assorted Danish, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Matzo Ball Soup, Mushroom & Spinach Quiche, Marinated Onion & Tomato Salad, Fresh Fruit, Vanilla Cake</p> <p>DINNER Cream of Asparagus Soup, Rotisserie Chicken, Scalloped Potatoes, Roasted Butternut Squash, Lemon Cake</p>	<p>BREAKFAST Oatmeal, Coffee Cake, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Cabbage and Celery Soup, Italian Chopped Salad, Zucchini Bread, Fruit Parfait</p> <p>DINNER Lentil Soup, Beef Stew, Mashed Potatoes, Dinner Roll, Fresh Baked Sugar Cookies</p> <p>National Sugar Cookie Day</p>
<p>BREAKFAST Oatmeal, Bagel Blast, Eggs Any Style, Choice of Meat & Fruit</p> <p>LUNCH Tomato Basil Soup, Grilled Ham & Cheese Sandwich Balsamic Arugula-Tomato Salad, Fresh Melon, Jell-O</p> <p>DINNER Lemon Butter White Fish, Garden Rice, Peas and Carrots, Chef's Dessert</p>	<p>BREAKFAST Oatmeal, Waffles, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Vegetable Soup</p> <p>DINNER Fish & Chips, French Fries, Coleslaw, Cookies a la Mode</p> <p>Cream of Cauliflower Soup, Cheese Ravioli, Mixed Vegetables, Garlic Bread, Blueberry Muffin</p> <p>National Blueberry Muffins Day</p>	<p>BREAKFAST Oatmeal, Fresh Baked Muffin, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Zucchini Cilantro Soup, Cheese Enchiladas, Refried Beans, Spanish Rice, Flan</p> <p>DINNER Mushroom & Barley Soup, Classic Meatloaf, Mashed Potatoes, Honey Glazed Carrots, Pecan Pie</p> <p>Pecan Pie Day</p>	<p>BREAKFAST Oatmeal, Blueberry Pancakes, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Chicken Noodle Soup, Cheeseburgers, French Fries, Dill Pickle Spears, Fresh Watermelon, Ambrosia Salad</p> <p>DINNER White Bean Soup, Sicilian Fish in Tomato Sauce, Orzo Pasta, Garlic Bread, Carrot Cake</p> <p>National French Fries Day</p>	<p>BREAKFAST Oatmeal, French Toast, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Cream of Spinach Soup Turkey Patty Melt, Sweet Potato Fries, Dill Pickle Spears, Ice Cream</p> <p>DINNER Cream of Broccoli Soup, BBQ Chicken, Baked Beans, Mac&Cheese, Pineapple Upside- Down Cake</p> <p>National Macaroni & Cheese Day</p>	<p>BREAKFAST Oatmeal, Assorted Danish, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Matzo Ball Soup, Beef Chow Mein, Tapioca Pudding w/ Fresh Strawberries</p> <p>DINNER Carrot Ginger Soup, Spaghetti Meat Sauce, Sautéed Zucchini & Squash, Garlic Bread, Chocolate Cake</p> <p>Tapioca Pudding Day</p>	<p>BREAKFAST Oatmeal, Coffee Cake, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Vegetable Soup, Apple Spinach Salad, Roll, Strawberry Shortcake</p> <p>DINNER Fideo Soup, Lemon Butter Baked Fish, Roasted Potatoes and Carrots, Garden Rice, Lemon Meringue Pie</p> <p>Fresh Spinach Day</p>
<p>BREAKFAST Oatmeal, Bagel Blast, Eggs Any Style, Choice of Meat & Fruit</p> <p>LUNCH Tomato Bisque, Vegetable Frittata, Garden Salad, Zucchini Bread, Banana Split</p> <p>DINNER Garbanzo Soup, Swedish Meatballs, Garlic Mashed Potatoes, Roasted Broccoli, Peach Cake</p> <p>National Ice Cream Day</p>	<p>BREAKFAST Oatmeal, Waffles, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Green Bean Minestrone, Philly Cheesesteak Sandwich, Sweet Potato Fries, Fresh Sliced Fruit, Triple Decker Brownie</p> <p>DINNER Cream of Mushroom Soup, Shepherd's Pie, Roasted Brussel Sprouts, Glazed Carrots, German Chocolate Cake</p>	<p>BREAKFAST Oatmeal, Fresh Baked Muffins, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Lentil Soup, Cheese or Pepperoni Pizza, Caesar Salad, Chef's Dessert</p> <p>DINNER Potato Leek Soup Pork Chops in Mushroom Gravy, Sautéed Green Beans, Mashed Potatoes, Raspberry Shortcake</p> <p>National Raspberry Cake Day</p>	<p>BREAKFAST Oatmeal, Pancakes, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Chicken Vegetable Soup, Hot Dogs, French Fries, Coleslaw, Dill Pickle Spears, Fresh Fruit Salad</p> <p>DINNER Potato Leek Soup, Chicken Cordon Bleu, Grilled Asparagus, Garlic Parmesan Risotto, Blueberry Cobbler</p> <p>National Hot Dog Day</p>	<p>BREAKFAST Oatmeal, French Toast, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Zucchini Tomato Soup, Turkey Club Sandwich, Pasta Salad, Potato Chips, Popsicles</p> <p>DINNER Split Pea Soup, Baked Salmon w/ Mango Salsa, Cranberry Rice Pilaf, Roasted Zucchini and Squash, Boston Cream Pie</p>	<p>BREAKFAST Oatmeal, Assorted Danish, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Matzo Ball Soup, Idaho Style Finger Steaks, French Fries, Fry Sauce, Cherry Pie</p> <p>DINNER White Bean Soup, Chicken Cacciatore, Garlic Mashed Potatoes, Sautéed Green Beans, Orange Mousse</p>	<p>BREAKFAST Oatmeal, Coffee Cake, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Hearty Cabbage Soup, Tuna & Egg Salad Plate, Garden Salad, Garlic Roll, Vanilla Ice Cream w/ Raspberry Sauce</p> <p>DINNER Summer Squash Soup, Cornish Hen, Roasted Yukon Potatoes and Brussel Sprouts, Sponge Cake w/ Blueberries</p> <p>Vanilla Ice Cream Day</p>
<p>BREAKFAST Oatmeal, Bagel Blast, Eggs Any Style, Choice of Meat & Fruit</p> <p>LUNCH Tortilla Soup, Arizona Style Beef Chimichanga, Spanish Rice, Refried Beans, Tres Leches Cake</p> <p>DINNER Chicken Rice Soup, Crusted Parmesan Fish, Au Gratin Potatoes, Roasted Cauliflower, German Chocolate Cake</p>	<p>BREAKFAST Oatmeal, Waffles, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Roasted Vegetable Minestrone Soup, Blueberry Blintz, Waldorf Salad, Orange Wedges, Orange Mousse</p> <p>DINNER Cream of Mushroom Soup Chicken Alfredo Pasta, Steamed Broccoli, Garlic Bread, Chocolate Éclair</p>	<p>BREAKFAST Oatmeal, Fresh Baked Muffins, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Chef's Soup</p> <p>DINNER Summer Cobb Salad, Roll, Pound Cake w/ Berries</p> <p>Lentil Soup, Stuffed Bell Peppers, Garden Rice, Mixed Vegetables, Lemon Meringue Pie</p>	<p>BREAKFAST Oatmeal, Blueberry Pancakes, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Cream of Spinach Soup, Caramelized Onion Blue Cheese Burgers, Pasta Salad, Watermelon</p> <p>DINNER French Onion Soup, Lemon-Butter Baked White Fish, Orzo Pasta, Steamed Cauliflower, Red Velvet Cake</p>	<p>BREAKFAST Oatmeal, French Toast, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Cabbage & Celery Soup</p> <p>DINNER Classic Quiche Lorraine, Garden Salad, Cornbread, Fruit Jell-O</p> <p>Mushroom & Barley Soup Spaghetti Meatballs, Sautéed Zucchini & Squash, Garlic Bread, Fruit Cobbler</p>	<p>BREAKFAST Oatmeal, Assorted Danish, Eggs Any Style, Meat and Fruit</p> <p>LUNCH Matzo Ball Soup, ChickenFajitas, Spanish Rice, Refried Beans, Guacamole, Salsa, Churros</p> <p>DINNER Cream of Carrot Soup, Vegetable Lasagna, Mixed Vegetables, Garlic Bread, Bread Pudding</p> <p>National Lasagna Day</p>	<p>BREAKFAST Oatmeal, Coffee Cake, Eggs Any Style, Choice of Meat and Fruit</p> <p>LUNCH Butternut Squash Soup, Reuben Sandwich, Potato Salad, Dill Pickle Spears, Strawberry Shortcake</p> <p>DINNER Tomato Bisque, Honey Mustard Fish, Vegetable Ratatouille, Dinner Roll, Cheesecake</p> <p>National Cheesecake Day</p>
<p>BREAKFAST Oatmeal, Bagel Blast, Eggs Any Style, Choice of Meat & Fruit</p> <p>LUNCH Tomato Green Bean Soup, Oregon Style Corn Dogs with Tater Tots, Pumpkin Pie</p> <p>DINNER Split Pea Soup, Braised Beef Brisket w/ Cabbage and Carrots, Dinner Roll, Coconut Cream Pie</p>	<p>CITY VIEW MENU</p>					