

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<u>BREAKFAST</u> 1 Oatmeal, Waffles, Scrambled Eggs Turkey Bacon, Fruit, Hot or Cold Cereal <u>LUNCH</u> Minestrone Soup, Turkey Croissant Cucumber & Tomato Salad Potato Chips, Sponge Cake <u>DINNER</u> Potato Leek Soup Eggplant Parmesan Mixed Vegetables, Breadsticks Brownie Canada Day	<u>BREAKFAST</u> 2 Oatmeal, Baked Muffin, Poached Eggs Turkey Sausage, Fruit Hot or Cold Cereal <u>LUNCH</u> Tomato Soup Egg Salad Sandwich Beet Salad, Fresh Fruit Ambrosia Salad <u>DINNER</u> Garbanzo Bean Soup Pan Grilled Fish Baked Sweet Potato Garlic Roasted Green Beans	<u>BREAKFAST</u> 3 Oatmeal, Blueberry Pancakes Scrambled Eggs, Turkey Bacon, Fruit Hot or Cold Cereal <u>LUNCH</u> White Bean Soup, Fish Tacos w/Lime Slaw Spanish Rice & Refried Beans Rice Pudding <u>DINNER</u> Vegetable Soup, Beef Pot Roast Mashed Potatoes w/Gravy Dinner Roll, Bread Pudding	<u>BREAKFAST</u> 4 Oatmeal, French Toast, Scrambled Eggs Turkey Sausage, Fruit Hot or Cold Cereal <u>ROOFTOP BBQ</u> Beef BBQ Ribs, Corn on the Cob Baked Beans, Potato Salad, Apple Pie <u>DINNER</u> Tomato Soup Vegetable Stuffed Cabbage Herbed Lemon Quinoa Vanilla Cake Independence Day (US)	<u>BREAKFAST</u> 5 Oatmeal, Danish, Vegetable Omelet Turkey Bacon, Fruit, Hot or Cold Cereal <u>LUNCH</u> Lentil Soup Summer Chicken Salad Pesto Flatbread Raspberry Sorbet <u>DINNER</u> Matzo Ball Soup Baked Tilapia Roasted Balsamic Carrots Couscous Marble Cake	<u>BREAKFAST</u> 6 Oatmeal, Coffee Cake, Scrambled Eggs Turkey Sausage, Fruit Hot or Cold Cereal <u>LUNCH</u> Vegetable Soup Chef Salad, Hawaiian Roll Angel Food Cake <u>DINNER</u> French Onion Soup Beef Burgundy, Polenta Dinner Roll Lemon Bar
<u>BREAKFAST</u> 7 Oatmeal, Lox & Bagel, Fruit Hot or Cold Cereal <u>LUNCH</u> Tortilla Soup, Chicken Fajitas Spanish Rice & Refried Beans Churros <u>DINNER</u> Cream of Spinach Soup Cheese Ravioli Mixed Vegetables, Garlic Bread Apple Cake	<u>BREAKFAST</u> 8 Oatmeal, Waffles, Scrambled Eggs Turkey Bacon, Fruit, Hot or Cold Cereal <u>LUNCH</u> Cream of Mushroom Soup Veggie Burger, Three Bean Salad Onion Rings, Triple Decker Brownie <u>DINNER</u> Corn Chowder Open Faced Hot Turkey Sandwich Mashed Potatoes, Sweet Corn Peach Cobbler	<u>BREAKFAST</u> 9 Oatmeal, Baked Muffin, Poached Eggs Turkey Sausage, Fruit, Hot or Cold Cereal <u>LUNCH</u> Mushroom Bok Choy Soup, Hawaiian Meatballs Steamed Rice, Oriental Vegetables, Mango Ice Cream <u>DINNER</u> Cream of Broccoli, Roast Chicken Roasted Sweet Potatoes, Roasted Asparagus Cheesecake	<u>BREAKFAST</u> 10 Oatmeal, Blueberry Pancakes Scrambled Eggs, Turkey Bacon, Fruit Hot or Cold Cereal <u>LUNCH</u> Egg Drop Soup, Beef Chow Mein Oriental Vegetables, Coconut Macarons <u>DINNER</u> Cream of Spinach Soup Cheese Manicotti Mixed Vegetables, Garlic Bread Peach Cobbler	<u>BREAKFAST</u> 11 Oatmeal, French Toast Scrambled Eggs Turkey Sausage, Fruit Hot or Cold Cereal <u>LUNCH</u> Split Pea Soup, Vegetable Quiche Garden Salad, Zucchini Bread Chocolate Cake <u>DINNER</u> Minestrone Soup, Breaded Fish Scalloped Potatoes, Balsamic Glazed Carrots Banana Bread	<u>BREAKFAST</u> 12 Oatmeal, Danish, Vegetable Omelet Turkey Bacon, Fruit, Hot or Cold Cereal <u>LUNCH</u> Lentil Soup/Meatball Sub Sandwich Onion Rings, Coleslaw Coleslaw, Ambrosia Salad <u>DINNER</u> Matzo Ball Soup, Chicken Francaise Wild Rice, Baby Carrots Bread Pudding	<u>BREAKFAST</u> 13 Oatmeal, Coffee Cake, Scrambled Eggs Turkey Sausage, Fruit Hot or Cold Cereal <u>LUNCH</u> Cabbage & Celery Soup Oven Baked Crab Cakes, Broccoli Slaw Honeydew Melon, Fruit Jell-O <u>DINNER</u> Pinto Bean Soup Salisbury Steak w/Mushroom Gravy Red Roasted Potatoes, Steamed Cauliflower Chocolate Pudding
<u>BREAKFAST</u> 14 Oatmeal, Lox & Bagel, Fruit Hot or Cold Cereal <u>LUNCH</u> Potato Leek Soup Tuna Melt, Sweet Potato Fries, Dill Pickle Spears, Carrot Cake <u>DINNER</u> Zucchini Soup, BBQ Chicken Corn on the Cob, Baked Beans Strawberry Shortcake	<u>BREAKFAST</u> 15 Oatmeal, Waffles, Scrambled Eggs Turkey Bacon, Fruit, Hot or Cold Cereal <u>LUNCH</u> Potato Leek Soup French Dip Sandwich, Onion Rings Coleslaw, Fudge Brownie <u>DINNER</u> Minestrone Soup, Eggplant Casserole Capri Blend Vegetables Breadsticks Fruit Cobbler	<u>BREAKFAST</u> 16 Oatmeal, Baked Muffin, Poached Eggs Turkey Sausage, Fruit, Hot /Cold Cereal <u>LUNCH</u> Garbanzo Bean Soup, Italian Chopped Salad Zucchini Bread, Angel Food Cake <u>DINNER</u> Mushroom & Barley Soup Pasta Bolognese, Garlic Bread Sauteed Zucchini & Squash Vanilla Cake	<u>BREAKFAST</u> 17 Oatmeal, Blueberry Pancakes Scrambled Eggs, Turkey Bacon, Fruit Hot or Cold Cereal <u>LUNCH</u> Black Bean Soup, Smoked Salmon Pasta Pesto Flatbread, Boston Cream Pie <u>DINNER</u> Yam Soup, Jerk Roast Chicken Collard Greens, Mac n Cheese Sweet Potato Pie	<u>BREAKFAST</u> 18 Oatmeal, French Toast, Scrambled Eggs Turkey Sausage, Fruit, Hot or Cold Cereal <u>LUNCH</u> Wonton Soup BBQ Chicken Skewers, Fried Rice, Macaroni Salad, Pineapple Upside-Down Cupcakes <u>DINNER</u> Kidney Bean Soup, Vegetable Lasagna Mixed Vegetables, Garlic Bread Lemon Meringue Pie	<u>BREAKFAST</u> 19 Oatmeal, Danish, Vegetable Omelet Turkey Bacon, Fruit, Hot or Cold Cereal <u>LUNCH</u> Zucchini Cilantro Soup Chicken Teriyaki, Steamed Rice Oriental Vegetables, Almond Cookies <u>DINNER</u> Matzo Ball Soup, Shepherd's Pie Balsamic Roasted Brussel Sprouts Dinner Roll, Chocolate Cake	<u>BREAKFAST</u> 20 Oatmeal, Coffee Cake Scrambled Eggs Turkey Sausage Fruit, Hot or Cold Cereal <u>LUNCH</u> Cream of Carrot Soup Philly Cheesesteak Sandwich, Sweet Potato Fries, Dill Pickle Spear, Bananas Foster <u>DINNER</u> Roasted Carrot & Ginger Soup Chicken Piccata, Wild Rice w/ Mushrooms Roasted Brussel Sprouts, Orange Cake
<u>BREAKFAST</u> 21 Oatmeal, Lox & Bagel, Fruit Hot or Cold Cereal <u>LUNCH</u> Butternut Squash Soup, BBQ Chicken Skewers, Grilled Corn on the Cob, Potato Salad, Watermelon, Lemon Meringue Pie <u>DINNER</u> Cabbage Soup, Grilled Tilapia Green Beans w/ Cherry Tomatoes Roasted Brussel Sprouts, Lemon Meringue Pie	<u>BREAKFAST</u> 22 Oatmeal, Waffles, Scrambled Eggs Turkey Bacon, Fruit, Hot or Cold Cereal <u>LUNCH</u> Chicken Noodle Soup, Veggie Burger, Waffle Fries, Watermelon, German Chocolate Cake <u>DINNER</u> Matzo Ball Soup Oven Braised Brisket Roasted Potatoes & Carrots Coconut Macarons	<u>BREAKFAST</u> 23 Oatmeal, Baked Muffin Poached Eggs, Turkey Sausage, Fruit Hot or Cold Cereal <u>LUNCH</u> Tortilla Soup, Chicken Taco Salad Tapioca Pudding <u>DINNER</u> Creamy Mushroom Soup Fish w/ Mango Salsa, Roasted Brussel Sprouts, Garden Rice Cherry Pie	<u>BREAKFAST</u> 24 Oatmeal, Blueberry Pancakes Scrambled Eggs, Turkey Bacon, Fruit Hot or Cold Cereal <u>LUNCH</u> Chicken Artichoke Soup Tuna Stuffed Tomato, Garden Salad Zucchini Bread, Lemon Cake <u>DINNER</u> Minestrone Soup Beef Stroganoff over Egg Noodles, Roasted Garlic Parmesan Cauliflower, Chocolate Cake	<u>BREAKFAST</u> 25 Oatmeal, French Toast Scrambled Eggs Turkey Sausage Fruit, Hot or Cold Cereal <u>LUNCH</u> White Bean Soup, Fish & Chips Fruit Jell-O <u>DINNER</u> Butternut Squash Soup Country Fried Steak Mashed Potatoes, Green Beans Lemon Meringue Pie	<u>BREAKFAST</u> 26 Oatmeal, Danish, Vegetable Omelet Turkey Bacon, Fruit, Hot or Cold Cereal <u>LUNCH</u> Vegetable Soup, Egg Salad Pita Pocket Beet Salad, Fresh Melon Yogurt Parfait <u>DINNER</u> Matzo Ball Soup Chicken Parmesan Steamed Broccoli, Pasta Chocolate Cake	<u>BREAKFAST</u> 27 Oatmeal, Coffee Cake Scrambled Eggs Turkey Sausage Fruit, Hot or Cold Cereal <u>LUNCH</u> Split Pea Soup, Egg Salad Croissant Creamy Dill Cucumber Salad, Fresh Melon Fruit Jell-O <u>DINNER</u> Vegetable Soup Cheese Ravioli Steamed Broccoli, Garlic Bread, Sponge Cake
<u>BREAKFAST</u> 28 Oatmeal, Lox & Bagel, Fruit Hot or Cold Cereal <u>LUNCH</u> Tomato Basil Soup Grilled Cheese Sandwich Balsamic Arugula-Tomato Salad Fruit Jell-O <u>Kidney Bean</u> Soup, Swedish Meatballs Green Beans Almondine Rice Pilaf, Peach Turnover	<u>BREAKFAST</u> 29 Oatmeal, Waffles, Scrambled Eggs Turkey Bacon, Fruit, Hot or Cold Cereal <u>LUNCH</u> Zucchini Cilantro Soup Turkey Sandwich, Potato Chips Marinated Beet Salad, Vanilla Cake <u>DINNER</u> Lentil Soup Beef Stuffed Bell Peppers, Wild Rice Roasted Zucchini & Squash Oatmeal Raisin Cookies	<u>BREAKFAST</u> 30 Oatmeal, Baked Muffin Poached Eggs, Turkey Sausage, Fruit Hot or Cold Cereal <u>LUNCH</u> Potato Leek Soup Cheese Pizza, Side Salad Banana Bread <u>DINNER</u> Vegetable Soup Lemon Butter Baked Fish Sweet Baked Potato Couscous Chocolate Cake	<u>BREAKFAST</u> 31 Oatmeal, Blueberry Pancakes Scrambled Eggs, Turkey Bacon, Fruit Hot or Cold Cereal <u>LUNCH</u> Mushroom & Barley Soup Corned Beef Sandwich Cabbage w/ Moroccan Carrot Salad Watermelon, Lemon Cake <u>DINNER</u> Split Pea Soup Rosemary Roasted Chicken Roasted Potatoes & Carrots Peach Cake			