

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Stay hydrated. Thirst sensation decreases with age. Maintain consistent water intake throughout the day to avoid dehydration!</i></p> <p><i>Did you know that 56 people signed the Declaration of Independence? Half of them were lawyers, with farmers and merchants making up the rest!</i></p>		<p>4oz Chicken Salad Sandwich w/ Lettuce and Tomato 1/2c Coleslaw 1/2c Sliced Apples Hamburger Bun</p> <p>NEW ITEM</p>	<p>3oz Pork Loin w/ 2oz Creamy Mushroom Sauce 1/2c Steamed Brown Rice 1/2c Broccoli 1/2c Blushed Fruit</p> <p>HAPPY 4TH OF JULY!</p>	<p>3oz Baked Meatloaf w/ 2oz Onion Gravy 1/2c Garlic Whipped Potatoes 1/2c Sliced Carrots 1 Wheat Bread Seasonal Fresh Fruit</p>
<p>3oz Pot Roast w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Diced Peaches</p>	<p>Pasta & Meatballs (4) w/ Alfredo Sauce 1/2c Green Peas & Pearl Onions 1 Garlic Herb Breadstick Seasonal Fresh Fruit</p> <p>NEW ITEM</p>	<p>Grilled Chicken Salad (2oz Chicken, HB Egg over 1c Mixed Greens) 1/2c Broccoli Salad 1 Dinner Roll 1/2c Fruited Gelatin</p>	<p>1c Cabbage Roll Casserole 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 Dinner Roll Seasonal Fresh Fruit</p>	<p>4oz Sweet General Tsos Chicken (5) 1/2c Fluffy Steamed Rice 1/2c Garlic Broccoli 1/2c Sweet Pineapple Tidbits 1 Cookie</p>
<p>Florentine Omelet w/ Creamed Spinach and Cheese 1/2c Herbed Breakfast Potatoes 1/2c Warmed Spiced Pears 1 Warm Biscuit</p> <p>NEW ITEM</p>	<p>3oz Chicken Cutlet with 2oz Pan Gravy 1/2c Mashed Potatoes 1/2c Oven Roasted Brussel Sprouts 1 Wheat Bread 1/2c Fruit Medley</p> <p>NEW ITEM</p>	<p>3oz Chipped Ham & Cheese Sandwich 1/2c Homestyle Coleslaw 1/2c Apple Slices Cookie 1 Hamburger Bun</p>	<p>3oz Pepper Steak w/ 1oz Tomato Sauce, 1oz Peppers, 1oz Onions 1 Baked Potato 1/2c Carrots 1 Wheat Bread</p>	<p>Creamy Tuna Salad Sandwich (3oz Tuna, 1oz Mayo) 1/2c Crispy Broccoli Salad 1/2c Pickled Beet Salad 2 White Bread Seasonal Fresh Fruit</p>
<p>Creamy Vegetable Lasagna .5oz Shredded Mozzarella 1/2c California Blend Vegetables 1/2c Peas & Onions Medley 1 Garlic Breadstick Seasonal Fresh Fruit</p>	<p>3oz Fire Grilled Chicken Breast 1/2c Cheesy Broccoli & Rice 1/2c Carrots 1/2c Diced Pears 1 Dinner Roll</p> <p>NEW ITEM</p>	<p>Creamy Tuna Salad Sandwich (3oz Tuna, 1oz Mayo) 1/2c Crispy Broccoli Salad 1/2c Pickled Beet Salad 2 White Bread Seasonal Fresh Fruit</p> <p>HAPPY 4TH OF JULY!</p>	<p>Cheeseburger 1/2c Golden Roasted Potatoes 1/2c Mixed Vegetables 1 Hamburger Bun 1/2c Mandarin Oranges</p>	<p>3oz Open Faced Turkey Sandwich w/ 2oz Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie</p>
<p>4oz Chicken Salad Sandwich 1/2c Marinated Tomato Cucumber Salad 1/2c Macaroni Salad Seasonal Fresh Fruit 1 Hamburger Bun</p> <p>NEW ITEM</p>	<p>Swedish Meatballs (4) 1/2c Buttered Noodles 1/2c Broccoli 1 Dinner Roll 1/2c Warmed Spiced Peaches 1/2c Fruited Gelatin</p>	<p>Turkey Chef Salad (2oz Turkey, HB Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1/2c Beets 1 Wheat Bread 1/2c Fruited Gelatin</p>	<p>Stadium Hot Dog 1/2c Cheesy Potatoes 1/2c Seasoned Green Peas 1 Hot Dog Roll 1/2c Sweet Pineapple Tidbits</p>	<p>3oz Salisbury Steak w/ 2oz Gravy Baked Potato w/ Margarine 1/2c Mixed Vegetables 1 Wheat Bread 1 Cookie</p>