








July

York County

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Shrimp Scampi (3oz Shrimp) 1/2c Creamy Pasta 1/2c California Blend Vegetables 1 Breadstick 1/2c Pudding 	2 Chicken Philly Cheesesteak 1c Cream of Spinach Soup 1/2c Coleslaw 1 Hoagie Roll 1/2c Gelatin 	3 Cheeseburger 1/2c BBQ Baked Beans 1/2c Potato Salad Hamburger Roll 1/2c Watermelon	4 Fourth of July! 
7 BBQ Chicken Breast 1/2c Country Collard Greens 1/2c Peas & Carrots 1 Dinner Roll Seasonal Fresh Fruit	8 Creamy Parmesan Pork Chop 1/2c Diced Redskin Potatoes 1/2c Green Beans 1 Dinner Roll 1/2c Pineapple Tidbits Cookie	9 Grilled Chicken Salad (2oz Chicken, Cheddar, HB Egg over 1c Mixed Greens) 1c Cream of Broccoli Soup 1 Dinner Roll 1/2c Fruited Gelatin	10 Pasta & Meatballs (4) 3/4c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad	11 3oz Pot Roast w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables Wheat Bread 1/2c Fruit Crisp
14 3oz Balsamic Chicken 1/2c Rosemary White Beans 1/2c Tomatoes & Zucchini 1 Garlic Breadstick 1/2c Pineapple Tidbits 	15 3oz Baked Meatloaf w/ 2oz Gravy Baked Potato w/ Margarine 1/2c Pickled Beets 1 White Bread Seasonal Fresh Fruit	16 Baked Crab Cake 1c Tomato Basil Soup 1/2c California Blend Vegetables 1 Wheat Bread 1/2c Gelatin	17 4oz Sloppy Joe 1/2c Roasted Sweet Potatoes 1/2c Peas 1 Hamburger Bun Oatmeal Cream Pie	18 Vegetable Lasagna 1c Tossed Salad w/ Egg 1/2c Green Beans 1 Dinner Roll 1 Cookie
21 3oz Salisbury Steak w/ 2oz Gravy Baked Potato w/ Margarine 1/2c Mixed Vegetables 1 Wheat Bread 1/2c Gelatin	22 3oz Kielbasa w/ 1oz Sauerkraut 1/2c Homemade Haluski 1/2c Carrots 1/2c Applesauce 	23 Roast Beef Sandwich (3oz Roast Beef) w/ 1 slice Mozzarella Cheese) 1c Cream of Cauliflower Soup 1 Hamburger Bun 1/2c Blushed Pears	24 3oz Swiss Steak w/ 2oz Onion Gravy 1/2c Cabbage & Noodles 1/2c Green Beans Wheat Bread 1/2c Pineapple Delight	25 3oz Open Faced Turkey Sandwich w/ 2oz Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie
28 3oz Sausage Gravy 1 Biscuit 1 Egg Bite 1/2c Diced Potatoes 4oz Orange Juice 	29 Swedish Meatballs (4) 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll Fresh Fruit	30 Turkey Chef Salad (2oz Turkey, Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Dinner Roll cookie	31 3oz Sweet & Sour Pork 1/2c Brown Rice 1/2c Oriental Blend Vegetables 1 Wheat Bread Fresh Fruit <i>*menu subject to change</i>	