

## Spring Summer Menu-July\_2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>31. <b>Meatloaf, Mushroom Gravy, Mashed Potatoes, Baby Carrots</b></p> <p><b>SUPPER: Onion Soup, Chicken Salad, Beet &amp; Onion Salad</b></p>					<p>1. Shrimp Scampi over Angel Hair, Diced Beets</p> <p>SUPPER: New England Clam Chowder, Grilled Cheese &amp; Tomato</p>	<p>2. Grilled Chicken w/ Sun Dried Tomato Pesto, Green Beans, Buttered Rice</p> <p>SUPPER: Garden Vegetable Soup, Hot Dog on a Bun, Baked Beans, Pickle</p>
<p>3. Teriyaki Pork Tenderloin, Sweet Potato Tots, Asian Coleslaw</p> <p>SUPPER: Chicken Vegetable Rice Soup, Cottage Cheese Fruit Plate, Fruit Bread</p>	<p>4. COOKOUT: BBQ Chicken, Macaroni Salad, Coleslaw</p> <p>SUPPER: Onion Soup, Crab Cakes, Tartar Sauce, Cole Slaw</p>	<p>5. Baked Haddock, Baked Potato, Zucchini</p> <p>SUPPER: Chicken Noodle Soup, Turkey Club, French Fries, Dill Pickle Spear</p>	<p>6. Balsamic &amp; Fig Glazed Chicken, Buttered Rice, Broccoli</p> <p>SUPPER: Tomato Soup, Lobster Salad Roll, 3 Bean Salad</p>	<p>7. Beef Stroganoff over Egg Noodles, Cauliflower</p> <p>SUPPER: Chicken &amp; Wild Rice Soup, Garden Salad w/ Shrimp Cocktail</p>	<p>8. Baked Stuffed Sole Newburgh, Baked Potato, Peas &amp; Pearl Onions</p> <p>SUPPER: New England Clam Chowder, Seafood Salad Roll, Pickled Beets</p>	<p>9. Chicken Cacciatore over Pasta, Green Beans</p> <p>SUPPER: Onion Soup, Ham Salad on Rye, Fruit Cup</p>
<p>10. Roast Beef Tenderloin w/ Red Wine Demi Glaze, Baked Potato, Peas &amp; Pearl Onions</p> <p>SUPPER: Minestrone Soup, Hot Dog on a Bun, Baked Beans, Pickle</p>	<p>11. Teriyaki Salmon, Roasted Potatoes, Beets</p> <p>SUPPER: White Bean &amp; Escarole Soup, Grilled Chicken over Garden Salad</p>	<p>12. Cranberry Meatballs over Rice, Baby Spinach</p> <p>SUPPER: Tomato Soup, Tuna Salad Pocket, Coleslaw</p>	<p>13. Beef &amp; Vegetable Stew, Biscuit</p> <p>SUPPER: Chicken Noodle Soup, Egg Salad Sandwich, Potato Chips, Pickle Spears</p>	<p>14. Lasagna, Side Salad, Italian Bread</p> <p>SUPPER: Butternut Squash &amp; Apple Soup, Chicken Salad w/ Grapes, Cucumber Salad</p>	<p>15. Spinach &amp; Artichoke Swordfish, Asparagus, Rice Pilaf</p> <p>SUPPER: Tomato Soup, BLT, 3 Bean Salad</p>	<p>16. Chicken Piccata, Mashed Potatoes, Broccoli</p> <p>SUPPER: Chicken Vegetable Rice Soup, Hamburger on a Bun, Onion Rings, Lettuce &amp; Tomato</p>
<p>17. Baked Ham w/ Raisin Sauce, Mashed Sweet Potatoes, Cauliflower</p> <p>SUPPER: Minestrone Soup, Thanksgiving Sub, Pickle</p>	<p>18. American Chop Suey, Wax Beans, Italian Bread</p> <p>SUPPER: Tomato Soup, Quiche, Caprese Salad</p>	<p>19. Creamy Shrimp Fettuccine, Green Beans</p> <p>SUPPER: Broccoli Cheddar Soup, Baked Fish Sandwich w/ Tartar Sauce, Tomato &amp; Lettuce</p>	<p>20. Marinated Chicken Breast, Cilantro Lime Rice, Zucchini</p> <p>SUPPER: Butternut Squash &amp; Apple Soup, Cottage Cheese Fruit Plate, Fruit Bread</p>	<p>21. Swedish Meatballs over Rice, Broccoli</p> <p>SUPPER: Garden Vegetable Soup Macaroni &amp; Cheese, Stewed Tomatoes</p>	<p>22. Baked Scallops, Baked Potato, Butternut Squash</p> <p>SUPPER: New England Clam Chowder, Shrimp Salad Sandwich, Pickled Beets</p>	<p>23. Ravioli, Asparagus</p> <p>SUPPER: Vegetable Lentil Soup, Sliced Turkey &amp; Cheese on a Croissant, Lettuce &amp; Tomato</p>
<p>24. Parmesan Garlic Baked Chicken, Mashed Potatoes, Beets</p> <p>SUPPER: Garden Vegetable Soup, Veggie Burger, Potato Salad</p>	<p>25. Spaghetti &amp; Meatballs, Garlic Bread, Wax Beans</p> <p>SUPPER: Vegetable Chicken Rice Soup, Grilled Ham &amp; Cheese, Cucumber Salad</p>	<p>26. Chicken Tenders w/ Dipping Sauce, French Fries, Cole Slaw</p> <p>SUPPER: Onion Soup, Corned Beef &amp; Swiss on Pumpnickel, Pasta Salad</p>	<p>27. Potato Crusted Cod, Roasted Potato, Asparagus</p> <p>SUPPER: Broccoli Cheddar Soup, Seafood Salad Roll, Pickled Beets</p>	<p>28. Caprese Chicken, Garlic Bread, Broccoli</p> <p>SUPPER: Chicken &amp; Wild Rice Soup, Honey Mesquite Chicken &amp; Cheddar Sandwich, Carrot Raisin Salad</p>	<p>29. Baked Halibut w/ Lemon Butter, Rice, Balsamic Glazed Brussels Sprouts</p> <p>SUPPER: New England Clam Chowder, Tuna Melt, Greek Feta Pasta Salad</p>	<p>30. COOKOUT: Hot Dog or Hamburger, Potato Salad, Coleslaw</p> <p>SUPPER: Minestrone Soup, Take-Out Pizza, Side Salad</p>

\*\*\* ALL MEALS SERVED WITH MILK, COFFEE OR TEA. ALL DESSERTS CHOICE OF FRUIT OR DESSERT OF THE DAY \*\*\*