

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2021



<p>BREAKFAST 4 Bagel, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prune Yogurt Lunch Broccoli Soup Roasted Turkey, Butternut Squash, Green Beans Bananas & Creme DINNER Sweet Corn Soup Arugula Steak Salad, Garlic Bread Poached Pears</p>	<p>BREAKFAST 5 Pancakes, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes, Cottage Cheese Independence Day Barbecue Lunch DINNER Tomato Soup, Egg Salad Deluxe Deli Plate Sliced Fruit, Fresh Bread Sherbet</p>	<p>BREAKFAST 6 Hot/Cold Cereal, Eggs Any Style, Toast Fresh Fruit, Prunes LUNCH Spinach, Lentil Soup Shrimp & Orange Salad Almond Cookie DINNER Squash Soup Baked Quiche, Greens with Fruit Dinner Roll Apple Egg Roll</p>	<p>BREAKFAST 7 Hot & Cold Cereal, Bagel, Beef Sausage Boiled Eggs, Fresh Fruit, Prunes LUNCH Tomato Soup Pita Pizza and Quinoa Tabbouleh Seasonal Fruit DINNER Root Creme Soup Waldorf Salad, Pita, Berries & Nuts Cantaloupe Ice</p>	<p>BREAKFAST 8 Biscuits with Gravy, Home-Style Potatoes with Onions and Peppers, Fruit LUNCH Noodle Soup, Turkey Wrap, Roasted Potato's, Green Salad, Fruit Cake DINNER Potato Soup Mac & Cheese, Zucchini with Peppers, Berries</p>	<p>BREAKFAST 9 Cream of Wheat, Pancakes Eggs Any Style, Meat, and Fruit LUNCH Brown Rice Soup, Tuna & Chickpeas with Avocado Cucumbers, Red Onions Watermelon & Mint Salad DINNER Onion Soup, Oven Fried Fish Vegetables & Sweet Potato's Smoothie</p>	<p>BREAKFAST 10 Turkey Eggs Benedict, Hot & Cold Cereal, Fresh Fruit, Cottage Cheese LUNCH Vegetable Soup, Baked Falafel with Tahini Dressing and Israeli Salad Apple Plum Crisp DINNER Sesame Cabbage Soup Lasagna, Salad, Garlic Bread Seasonal Fruit</p>
<p>BREAKFAST 11 Bagel, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Vegetable Soup, Beef Pasta Salad Sliced Cucumber Fruit DINNER Vegetable Soup, Lemon Garlic Chicken Stuffed Peppers (Cold), Fruit Salad Ice Cream</p>	<p>BREAKFAST 12 Pancakes, Eggs Any Style, Beef Sausage Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Clam Chowder Soup, Teriyaki Salmon Rice Bowl, Pear Crisp with Spiced Cream DINNER Vegetable Soup, Assorted Deli Plate, Sliced fruit</p>	<p>BREAKFAST 13 French Toast, Eggs Any Style, Hot & Cold Cereal, Eggs any Style, Fruit LUNCH Vegetable Soup, Philly Cheese-steak Sandwich, Potato Wedges, Fruit Ice (Smoothie) DINNER Bean Soup Gourmet Spinach Salad (Vegetarian) Cup Cakes</p>	<p>BREAKFAST 14 Eggs Any Style, Toast, Turkey Sausage Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Roasted Vegetable Soup Chicken Greek Pita Salad Sherbet DINNER Green Soup Olive Oil Poached Cod, Loaded Green Salad Oatmeal Cranberry Cookie</p>	<p>BREAKFAST 15 Coffee Cake Muffin, Home-Style Potatoes with Peppers, Eggs Scrambled, Fruit LUNCH Split Pea Vegetable, Arugula Salad with Beef Kabobs, Baked Tomato with Dill Rice Jello with fruit DINNER White Bean Vegetable, Rolled Lasagna with Meat Sauce, Green Beans, Garlic Bread, Berry Pudding</p>	<p>BREAKFAST 16 Cream of Wheat, Hash Browns, Eggs Any Style, Meat, and Fruit LUNCH Clam Chowder, Lemon Stuffed Fish, Broccoli & Red Potato's, Chocolate Ice Cream Sundae DINNER Cabbage Vegetable Soup, Turkey Salad Sandwich Parsley Red Onion Salad, Honey Yogurt</p>	<p>BREAKFAST 17 Hot & Cold Cereal, Poached Eggs, Toast Fresh Fruit, Prunes LUNCH Vegetable Soup, Beef Peppers, Rice & Vegetables, Lemon Pudding DINNER Pinto Bean Soup 1/4 Herb Baked Chicken, Sweet Potato Vegetable Salad Watermelon Slice</p>
<p>BREAKFAST 18 Bagel, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Vegetable Soup Chicken Egg Noodle Pasta Green Salad Fruit DINNER Beef Vegetable Noodle Soup, Sliced Beef with Gravy,, Brown Rice Pilaf</p>	<p>BREAKFAST 19 Pancakes, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Garden Soup Corned Beef, Rye Bread, Macaroni Salad Jello with Cream DINNER Vegetable Barley Soup, Roasted Turkey Deli Plate Fruit Salad</p>	<p>BREAKFAST 20 French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Lima Bean Soup Crispy Chicken Salad with Buttermilk Ranch Dressing, Garlic Bread Ice Cream Sundaes DINNER Lima Bean Soup Vegetable Pasta Primavera Sliced Beets with Feta Watermelon Slices</p>	<p>BREAKFAST 21 Eggs Any Style, Toast, Beef Sausage Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH French Onion Soup, Oven Fried Chicken, Butternut squash, Spinach Salad Sherbet DINNER Tomato Soup, Turkey Cheese Wrap Chips Fruit Slice Sliced Cake</p>	<p>BREAKFAST 22 Breakfast Muffins, Hash Browns with Onions and Peppers, Eggs, Fruit LUNCH Potato Cheese Soup, Turkey Lula, Pita Rice w/ Parsley, Lentils Fruit w/ Jello DINNER Country Vegetable, Spaghetti & Meat Balls Salad, Garlic Bread, Chocolate Pudding</p>	<p>BREAKFAST 23 Cream of Wheat, Eggs Any Style, Meat, English Muffins and Fruit LUNCH Fresh Vegetable Soup, Beef, Jasmine Rice Salad Peach Crisp DINNER Tomato Soup, Gourmet Grilled double Cheese, Garden Carrot Salad Sliced Fruit</p>	<p>BREAKFAST 24 Passover Breakfast Special LUNCH Chicken Noodle Soup, Tuna Wrap, Chips, Orange Slices Cookie DINNER Egg Drop Soup, Grilled Chicken Teriyaki Bowl, Fruit & Plain Yogurt Honey</p>
<p>BREAKFAST 25 Bagel, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Split Pea Soup, Sliced Beef, Baked Sweet Potato Hash, Vanilla Mousse DINNER Vegetable Soup, Brown Sugar Bar B Que Meatloaf Vegetables, Mashed Sweet Potato's Apple Salad</p>	<p>BREAKFAST 26 Pancakes, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes, Cottage Cheese LUNCH Cabbage Soup, Fish Fillet Cous Cous with Vegetables Baked Blueberry Apple Slices DINNER Vegetable Rice Soup, Warm Turkey Salad Banana Pudding</p>	<p>BREAKFAST 27 French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Tomato & White Bean Soup, Beet & Butternut Squash Salad with Chicken Cream & Puff Pastry DINNER Squash Soup Baked Quiche, Greens with Fruit Dinner Roll Jello with Fruit</p>	<p>BREAKFAST 28 Eggs Any Style, Toast, Hash Browns, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Barley Squash Soup, 1/4 Chicken Roasted Egg Noodles, Vegetables Apple Turnover DINNER Root Vegetable Soup, Pesto Pasta Salad with Sliced Chicken Lemon Cake</p>	<p>BREAKFAST 29 Hot or Cold Cereal, Breakfast Muffins, Scrambled Eggs with Onions and Peppers, Toast, Fresh Fruit LUNCH Vegetable Soup, Chicken Cobb, Flatbread Peach-Blueberry Pie DINNER Squash Soup, Italian Sausage (lula) Cous Cous, Peppers& Onions, Cucumber Dip, Seasonal Fruit</p>	<p>BREAKFAST 30 Hot or Cold Cereal, Yogurt Parfait, Omelettes Toast, with Fresh Fruit LUNCH Clam Chowder, Baked Fish, Spinach Scallion Rice Sorbet DINNER Tomato Soup, Gourmet Pot Roast Grilled Cheese Sandwich Tomato Salad with Herbs Watermelon Slices</p>	<p>BREAKFAST 31 Turkey Eggs Benedict, Hot & Cold Cereal, Fresh Fruit, Cottage Cheese LUNCH Vegetable Soup, Baked Falafel with Tahini Dressing and Israeli Salad Apple Plum Crisp DINNER Sesame Cabbage Soup Lasagna, Salad, Garlic Bread Seasonal Fruit</p>

Dining Hours | Breakfast from 8:00am to 9:30am | Lunch from 12:00pm to 1:30pm | Dinner from 5:00pm to 6:30pm
Menu Subject to Change

We prepare our menu with no added salts or sugars.
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