



CONNECTIONS AAA - CONGREGATE

JULY

*All meals include a Beverage Mix

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Chicken Berry Almond Salad Pasta Salad Waverly Crackers (2) Fresh Seasonal Fruit Ranch Salad Dressing	Sweet & Sour Chicken Stir Fry Vegetables Fried Rice Fortune Cookie Mandarin Oranges	Independence Day BBQ Chicken Oven Roasted Potatoes Baked Beans Hamburger Bun Blondie	Closed
7	8	9	10	11
Glazed Ham Mashed Sweet Potatoes Broccoli Florets Dinner Roll Pudding Margarine	Pork Loin Brown Gravy Whipped Potatoes Peas & Carrots Biscuit Cinnamon Applesauce Margarine	Baked Chicken Poultry Gravy Whipped Potatoes Whole Kernel Corn Multi-Grain Bread Cookie Margarine	Beef Patty Pickle Slices Sliced Cheese Baked Beans Roasted Red Potatoes Hamburger Bun Lemon Bar Ketchup/Mustard	Salisbury Steak Brown Gravy Whipped Potatoes Harvard Beets Multi-Grain Bread Fresh Seasonal Fruit Margarine
14	15	16	17	18
Roast Beef Brown Gravy Whipped Potatoes Stewed Tomatoes Dinner Roll Brownie Frosting w/Sprinkles Margarine	Polish Sausage w/Sauerkraut Scalloped Potatoes Sliced Carrots Hot Dog Bun Fluffy Fruit Salad Mustard	Lasagna Casserole Tossed Salad Italian Mixed Vegetables Garlic Breadstick Pear Crisp Italian Dressing	Open Faced Turkey Sandwich w/Gravy Whipped Potatoes Poultry Gravy Mixed Vegetables Whole Wheat Bread Peanut Butter Bar Margarine	Taco Meat Shredded Cheese Lettuce & Tomato Pinto Beans Tortilla Chips Cookie Taco Sauce Sour Cream
21	22	23	24	25
Baked Meatballs Brown Gravy Whipped Red Potatoes Green Beans Whole Wheat Bread Cookie Margarine	Sloppy Joe Au Gratin Potatoes Mixed Vegetables Hamburger Bun Chocolate Crunch Bar	Potato Crusted Pollock Macaroni & Cheese Green Peas Dinner Roll Fresh Seasonal Fruit Tartar Sauce	Goulash Whole Kernel Corn Tossed Salad Whole Wheat Bread Peach Crisp Margarine Ranch Dressing	Cheese Omelet Hashbrown Casserole Hot Spiced Apples Blueberry Muffin Orange Juice Margarine
28	29	30	31	
Sweet & Sour Chicken Stir Fry Vegetables Fried Rice Mandarin Oranges Fortune Cookie	Shredded Pork BBQ Sauce Roasted Red Potatoes Baked Beans Hamburger Bun Pudding	Spaghetti Casserole Broccoli Florets Italian Mixed Vegetables Garlic Breadstick Cookie Margarine	Country Fried Steak Country Gravy Whipped Potatoes Whole Kernel Corn Dinner Roll Applesauce Margarine	