



Monthly Menu

July 2018

Mon	2	SPAGHETTI W/MEAT SAUCE , Scandinavian Blend Vegetables, Rainbow Spinach Salad, Seasonal Fruit <i>Turkey Salad, Scandinavian Blend Vegetables, Seasonal Fruit</i>
Tue	3	TURKEY ROAST W/HERBS & APRICOT SAUCE , Polenta, Key West Blend Vegetables, Claremont Salad, Sparkling Cake <i>Chicken Grape Salad, Sparkling Cake</i>
Wed	4	CLOSED FOR INDEPENDENCE DAY HOLIDAY
Thu	5	BEAN STEW AND BROWN RICE , Imperial Blend Vegetables, Garden Salad w/1000 Island Dressing, Chocolate Zucchini Cake <i>Beef Taco Salad, Imperial Blend Vegetables, Chocolate Zucchini Cake</i>
Fri	6	CABBAGE AND MINCE CHICKEN CASSEROLE , Capri Mix Vegetables, Eastern European Salad, Seasonal Fruit <i>Tofu Stir Fry, Eastern European Salad, Seasonal Fruit</i>
Mon	9	SLOPPY JOE W/POTATOES , Hamburger Bun, Sliced Carrots, Spinach Salad w/French Dressing, Lemon Gelatin w/Blueberries <i>Chicken Fajita Wrap, Tortilla Soup, Spinach Salad w/French Dressing, Lemon Gelatin w/ Blueberries</i>
Tue	10	SWEET & SOUR CHICKEN , White Rice, Capri Blend Vegetables, Vermicelli Noodle Salad, Apple <i>Creamy Garlic Pizza, Capri Blend Vegetables, Vermicelli Noodle Salad, Apple</i>
Wed	11	LEMONGRASS FISH , Brown Rice, Cabbage Parsley Salad, Garden Blend Vegetables, Chocolate Cake <i>Shepherd's Pie, Cabbage Parsley Salad, Garden Blend Vegetables, Chocolate Cake</i>
Thu	12	TURKEY TETRAZZINI , Spaghetti Noodles, Oregon Bean Medley, Tossed Salad w/Italian Dressing, Orange <i>Grilled Vegetable Sandwich, French Lentil Soup, Oregon Bean Medley, Tossed Salad w/Italian Dressing, Orange</i>

Fri	13	CHEESE RAVIOLI , Italian Blend Vegetables, Navy Bean Salad, Bread Pudding <i>Pork Sliders, Potato Wedges, Italian Blend Vegetables, Bread Pudding</i>
Mon	16	CHICKEN WITH RICE , Mexican Blend Vegetables, Italian Slaw, Seasonal Fruit <i>Tuna Salad w/Tomatoes, Mexican Blend Vegetables, Seasonal Fruit</i>
Tue	17	BEEF & MACARONI CASSEROLE , Country Trio Vegetable, Spinach Salad w/Italian Dressing, Orange <i>Open-Face Turkey Sandwich, Lentil Soup, Spinach Salad w/Italian Dressing, Orange</i>
Wed	18	CITRUS TARRAGON CHICKEN , Mashed Potatoes, Italian Blend Vegetables, Patio Salad, Cookie <i>Dijon Crusted Fish, Mashed Potatoes, Italian Blend Vegetables, Patio Salad, Cookie</i>
Thu	19	SWEDISH MEATBALLS , Spiral Noodles, Scandinavian Blend Vegetables, Navy Bean Salad, Banana <i>Spring Pasta w/Tofu, Scandinavian Blend Vegetables, Navy Bean Salad, Banana</i>
Fri	20	PORK TENDERLOIN W/DIJON SAUCE , Tri-Cut Red Potatoes, Carrot Bean Blend Vegetables, Tossed Salad w/Summer Dressing, Strawberry Luscious <i>Summer Chicken Salad, Carrot Bean Blend, Strawberry Luscious</i>
Mon	23	TILAPIA W/LEMON PEPPER , Brown Rice, Willamette Beans, Chickpea Salad, Seasonal Fruit <i>Chicken Stir-Fry Yakisoba Noodles, Willamette Beans, Seasonal Fruit</i>
Tue	24	MEAT LOAF , Mashed Potatoes, Sunshine Carrots, Spinach Salad w/Ranch Dressing, Apple <i>Pork Gyro, Sunshine Carrots, Spinach Salad w/Ranch Dressing, Apple</i>
Wed	25	ROASTED PARMESAN CHICKEN , Spiral Noodles, Mixed Vegetables, Tossed Salad w/French Dressing, Strawberry Pear Gelatin <i>Turkey Salad, Mixed Vegetables, Strawberry Pear Gelatin</i>
Thu	26	STIR-FRY PORK , White Rice, Scandinavian Blend, Claremont Salad, Orange <i>Chicken Salad with White Beans, Scandinavian Vegetables, Orange</i>
Fri	27	BAKED HERB CHICKEN , Polenta w/Red Sauce, Flavor Fiesta Vegetables, Creamy Cucumber Salad, Citrus Cake <i>Pumpkin Enchilada Casserole, Flavor Fiesta Vegetables, Creamy Cucumber Salad, Citrus Cake</i>
Mon	30	VEGETARIAN PENNE PASTA , Scandinavian Vegetables, Rainbow Spinach Salad w/Rainbow Dressing, Apple <i>Roast Beef Sandwich, Spring Vegetable Soup, Rainbow Spinach Salad w/Rainbow Dressing, Apple</i>

Tues 31 **BEEF & BROCCOLI STEW**, Mashed Potatoes, Capri Mix Vegetables, Garden Salad w/Italian Dressing, Banana
Lemongrass Chicken, White Rice, Capri Mix Vegetables, Garden Salad w/Italian Dressing, Banana