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| July 15th – July 21st | Week 4 |

|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
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| **Breakfast** | Biscuits & Gravy  Fruit Bar | Breakfast Wrap  Fruit Bar | Waffles  Fruit Bar | Quiche Lorraine  Fruit Bar | Breakfast Skillet  Fruit Bar | Continental Breakfast | Continental Breakfast |
| **Soups** | Spring Vegetable  Chicken Noodle | Tomato  Beef & Potato | Chicken &  Wild Rice  Corn Chowder | Ham & Potato Cabbage Soup | Vegetable Lentil  Zuppa Toscana | Chef’s Choice | Chef’s Choice |
| **Grill** | Shrimp Basket | 4 Cheese Grilled Cheese | BBQ Chicken Sandwich | Chicken & Rice Fajita Wrap | Rodeo Burger | Philly | Irish Nachos |
| **Pizza** | Cheese  Taco | Pepperoni  Vegetable | Cheese  Chicken Alfredo | Vegetable  Meat Lover’s | Cheese Cheeseburger | Cheese  Pepperoni | Cheese  Hamburger & Onion |
| **Lunch** | Beef Enchiladas  Beans & Rice | Chicken & Noodles  Peas | Steak & Rice Bowl  Pico & Sour Cream | Country Fried Chicken  Mashed Potatoes  Zucchini | Baked Pollock  Wild Rice  Mixed Vegetables |  |  |
| **Dinner** | Cheese Tortellini w/ Pesto Sauce  Carrots | Vegetable Lasagna  Asparagus | Pancakes & Bacon  Fruit | Beef Stir Fry  Steamed Rice  Eggroll | Swedish Meatballs  Noodles  Stewed Tomatoes |  |  |
| **All Day** **Fit Menu** | Italian Baked Chicken Breast  Broccoli | Greek Chicken Salad | Buffalo Cauliflower Bites | Crab Cake  Lettuce Wrap  Fruit | Spaghetti Squash w/ Sauce  Breadstick | Baked Chicken  Mixed Vegetables | Cod Loin  Mixed Squash |