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|  July 15th – July 21st  | Week 4  |

|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
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| **Breakfast** | Biscuits & GravyFruit Bar | Breakfast WrapFruit Bar | WafflesFruit Bar | Quiche LorraineFruit Bar | Breakfast SkilletFruit Bar | Continental Breakfast | Continental Breakfast |
| **Soups**  | Spring VegetableChicken Noodle | TomatoBeef & Potato | Chicken & Wild RiceCorn Chowder | Ham & Potato Cabbage Soup | Vegetable LentilZuppa 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** | CheeseTaco | PepperoniVegetable | CheeseChicken Alfredo | VegetableMeat Lover’s | Cheese Cheeseburger | CheesePepperoni | Cheese Hamburger & Onion |
| **Lunch** | Beef EnchiladasBeans & Rice | Chicken & NoodlesPeas | Steak & Rice BowlPico & Sour Cream | Country Fried ChickenMashed PotatoesZucchini | Baked PollockWild RiceMixed Vegetables |  |  |
| **Dinner** | Cheese Tortellini w/ Pesto SauceCarrots | Vegetable LasagnaAsparagus | Pancakes & BaconFruit | Beef Stir FrySteamed RiceEggroll | Swedish MeatballsNoodlesStewed Tomatoes |  |  |
| **All Day** **Fit Menu** | Italian Baked Chicken BreastBroccoli | Greek Chicken Salad | Buffalo Cauliflower Bites | Crab Cake Lettuce WrapFruit | Spaghetti Squash w/ SauceBreadstick | Baked ChickenMixed Vegetables | Cod LoinMixed Squash |