



Good For Your Health Menus

Summer

June 6 - 12, 2022

Week 1



MONDAY June 6	TUESDAY June 7	WEDNESDAY June 8	THURSDAY June 9	FRIDAY June 10	SATURDAY June 11	SUNDAY June 12
Fried Egg Buttered Wheat Toast Oatmeal Apple Juice	Pancake with Warm Syrup Breakfast Meat Hot Farina Grape Juice	Ham and Egg Scramble Buttered Wheat Toast Raisin Bran Cereal Blended Juice	French Toast With Warm Syrup Breakfast Meat Oatmeal Orange Juice	Baked Italian Omelet Buttered Wheat Toast Raisin Bran Cereal Pineapple Juice	Waffle with Warm Syrup Breakfast Meat Oatmeal Apple Juice	Baked Western Omelet Banana Bread Toasted Oats Grape Juice
Swedish Meatballs Egg Noodles Fresh Zucchini and Carrots Wheat Roll Raspberry Parfait Square	Herb & Spice Roast Beef with Gravy Mashed Potatoes Spinach Au Gratin Caesar Salad Fruit Mix Crumble Cake	Tahitian Chicken Classic Rice Broccoli with Garlic Wheat Roll Chocolate Pudding with Whipped Topping	Fish with Dill Sauce Seasoned Fries Herbed Corn with Tomatoes Wheat Roll Ice Cream	Smothered Pork Chop Brown Rice Herbed Green Beans Fresh Green Salad Carrot Cake	Roast Turkey with Tarragon Mushroom Sauce Bread Stuffing Parslied Carrots Three Bean Salad Glazed Lemon Square	Baked Ham with Raisin Sauce Scalloped Potatoes Zesty Spinach Wheat Roll Fruit Pie
Creamy Herb Chicken Garlic Rice Seasoned Peas Red & Green Salad Brownie A La Banana New Recipes	Summertime Lentil Soup Turkey Salad on a Croissant Potato Chips Melon Cup	BBQ Beef On a Bun Baked Beans The Pantry Coleslaw Apples with Caramel Sauce	Chili Relleno Casserole Fresh Zucchini Strips with Tarragon Summer Fruit Salad Cornbread Oatmeal Raisin Cookie	Cheese Ravioli with Sage Sauce Dilled Brussels Sprouts Garlic Bread Fresh Fruit Cup	Bean & Bacon Soup Tuna Salad on a Bed of Lettuce Beets and Onions Wheat Roll Pears ala Crème	Three Cheese Pizza Pineapple Slice Mediterranean Green Salad Chocolate Chip Bar

Milk and Beverage Offered with Every Meal; Healthcare Menus Direct, LLC.

Happy Father's Day



Good For Your Health Menus

Summer

June 13 - 19, 2022

Week 2

Happy Father's Day



MONDAY June 13	TUESDAY June 14	WEDNESDAY June 15	THURSDAY June 16	FRIDAY June 17	SATURDAY June 18	SUNDAY June 19
Scrambled Egg Bran Muffin Corn Flakes Blended Juice	Pancake with Warm Syrup Breakfast Meat Oatmeal Orange Juice	Bacon and Egg Scramble Buttered Wheat Toast Raisin Bran Cereal Pineapple Juice	Baked Vegetable Omelet Hash Browns Oatmeal Apple Juice	French Toast with Warm Syrup Breakfast Meat Toasted Oats Grape Juice	Fried Egg Buttered Wheat Toast Oatmeal Blended Juice	Donut Broccoli Cheese Egg Scramble Raisin Bran Cereal Orange Juice
Old Fashioned Meatloaf Herb Mashed Potatoes Seasoned Fresh Vegetables Biscuit Ice Cream	Oregano Chicken Polenta Baked Fresh Zucchini Fresh Green Salad Frosted Cake New Recipe	Lasagna Casserole Broccoli & Carrots Garlic Bread Fresh Melon	Roast Pork Loin with Spiced Apples Ranch Style Beans Southern Style Green Beans Cornbread Vanilla Mousse	Oven Crisp Fish Rice Pilaf Cream Peas Confetti Coleslaw Pina Colada Cake	All- American Pot Roast Boiled Red Potatoes Sage Seasoned Carrots Wheat Roll Ice Cream	Roast Turkey with Seasoned Sauce Sweet Potatoes Asparagus Wheat Roll Peanut Butter Pudding Pie Father's Day
Fishwich Sandwich on a Bun Texas Fries Cucumber Onion Salad Mandarin Oranges & Pineapple Fruit Mix	Pork Carnitas Arroz Verde (Green Rice) Mexican Corn Corn Tortilla Fresh Fruit Cup	Country Vegetable & Bean Soup Chef's Salad Wheat Roll Whipped Gelatin	Baked Herb Chicken Mediterranean Pasta with Vegetables Wheat Roll Pear Crisp	Split Pea Soup Classic Egg Salad Sandwich Tossed Green Salad Cinnamon Peaches with Whipped Topping New Recipe	Chinese Noodle Soup Hoisin Chicken Stir-Fry Fluffy Brown Rice Oriental Green Salad with Asian Dressing Fresh Fruit Cup	Pork Ragout over Parsley Herb Pasta Lemon Basil Green Beans Garlic Bread Fruit Ambrosia

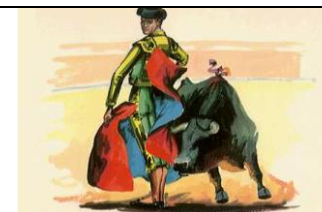
Milk and Beverage Offered with Every Meal; Healthcare Menus Direct, LLC.

Good For Your Health Menus

Summer

June 20 - 26, 2022

Week 3



MONDAY June 20	TUESDAY June 21	WEDNESDAY June 22	THURSDAY June 23	FRIDAY June 24	SATURDAY June 25	SUNDAY June 26
Fried Egg Buttered Wheat Toast Oatmeal Pineapple Juice	Pancake with Apple Topping Breakfast Meat Raisin Bran Cereal Apple Juice	Scrambled Egg Apple Raisin Bran Muffin Hot Farina Grape Juice	French Toast with Warm Syrup Breakfast Meat Oatmeal Blended Juice	Baked Vegetable Omelet Buttered Wheat Toast Toasted Oats Orange Juice	Biscuits and Gravy Fruit Cup Raisin Bran Cereal Pineapple Juice	Coffee Cake Scrambled Egg Oatmeal Apple Juice
French Dip On a Roll Au Jus French Fries Corn Coleslaw Cappuccino Mousse	Curry Lemon Chicken Herbed Rice Peas with Onions Wheat Roll Ice Cream	Taco Casserole Seasoned Fresh Zucchini Fiesta Salad Tangy Glazed Fresh Fruit	Glazed Ham Steak Potato Medley Broccoli with Tarragon Cornbread Frosty Sherbet Square	Spanish Day Paella (Chicken with Rice) Carrots with Parsley Wheat Roll Flan with Orange Sauce	Hamburger on a Bun with Lettuce, Pickle & Tomato Potato Salad Melon	Roast Pork Loin with Savory Thyme Sauce Baked Potato Spinach and Onions Wheat Roll Chocolate Delight
Fish with Garlic Butter Pasta with Spinach & Cottage Cheese Broccoli with Dill Mayonnaise Wheat Roll Fruit Bavarian Cream Dessert New Recipe	Macaroni and Cheese Mixed Vegetable Blend Fresh Green Salad Assorted Fruit	Beef Teriyaki Classic Rice Stir Fry Vegetables Cherry N' Cream Square	Deli Meat Sandwich Tomato and Lettuce Macaroni Salad Fresh Fruit	Spaghetti with Meat Sauce Italian Green Beans Mediterranean Green Salad Brownie	Minestrone Soup Combination Pizza Tossed Green Salad Lemon Cookie	Broccoli Cheese Soup Dill Turkey Salad Sandwich Creamy Garbanzo Bean Salad Fresh Fruit Cup

Milk and Beverage Offered with Every Meal; Healthcare Menus Direct, LLC.



Good For Your Health Menus



Summer

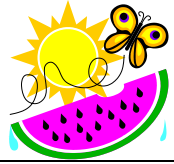
June 27 - July 3, 2022

Week 4

Milk and Beverage Offered with Every Meal; Healthcare Menus Direct, LLC.



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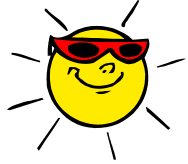
Summer

July 4 - 10, 2022

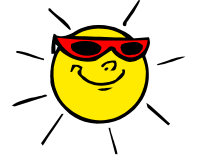
Week 1

MONDAY July 4	TUESDAY July 5	WEDNESDAY July 6	THURSDAY July 7	FRIDAY July 8	SATURDAY July 9	SUNDAY July 10
Fried Egg Buttered Wheat Toast Oatmeal Apple Juice	Pancake with Warm Syrup Breakfast Meat Hot Farina Grape Juice	Ham and Egg Scramble Buttered Wheat Toast Raisin Bran Cereal Blended Juice	French Toast With Warm Syrup Breakfast Meat Oatmeal Orange Juice	Baked Italian Omelet Buttered Wheat Toast Raisin Bran Cereal Pineapple Juice	Waffle with Warm Syrup Breakfast Meat Oatmeal Apple Juice	Baked Western Omelet Banana Bread Toasted Oats Grape Juice
Hot Dog with Mustard & Relish Country Baked Beans Corn on the Cob Raspberry Parfait Square Independence Day	Herb & Spice Roast Beef with Gravy Mashed Potatoes Spinach Au Gratin Caesar Salad Fruit Mix Crumble Cake	Tahitian Chicken Classic Rice Broccoli with Garlic Wheat Roll Chocolate Pudding with Whipped Topping	Fish with Dill Sauce Seasoned Fries Herbed Corn and Tomatoes Wheat Roll Ice Cream	Smothered Pork Chop Brown Rice Herbed Green Beans Fresh Green Salad Carrot Cake	Roast Turkey with Tarragon Mushroom Sauce Bread Stuffing Parslied Carrots Three Bean Salad Glazed Lemon Square	Baked Ham with Raisin Sauce Scalloped Potatoes Zesty Spinach Wheat Roll Fruit Pie
Creamy Herb Chicken Garlic Rice Seasoned Peas Red & Green Salad Brownie A La Banana	Summertime Lentil Soup Turkey Salad on a Croissant Potato Chips Melon Cup	BBQ Beef on a Bun Baked Beans The Pantry Coleslaw Apples with Caramel Sauce	Chili Relleno Casserole Fresh Zucchini Strips With Tarragon Summer Fruit Salad Cornbread Oatmeal Raisin Cookie	Cheese Ravioli with Sage Sauce Dilled Brussels Sprouts Garlic Bread Fresh Fruit Cup	Bean & Bacon Soup Tuna Salad on a Bed of Lettuce Beets and Onions Wheat Roll Pears ala Crème	Three Cheese Pizza Pineapple Slice Mediterranean Green Salad Chocolate Chip Bar

Milk and Beverage Offered with Every Meal; Healthcare Menus Direct, LLC.



Good For Your Health Menus



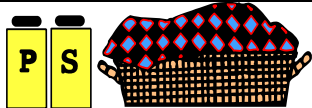
Summer

July 11 - 17, 2022

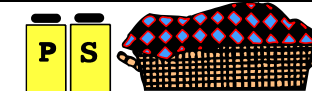
Week 2

MONDAY July 11	TUESDAY July 12	WEDNESDAY July 13	THURSDAY July 14	FRIDAY July 15	SATURDAY July 16	SUNDAY July 17
Scrambled Egg Bran Muffin Corn Flakes Blended Juice	Pancake with Warm Syrup Breakfast Meat Oatmeal Orange Juice	Bacon and Egg Scramble Buttered Wheat Toast Raisin Bran Cereal Pineapple Juice	Baked Vegetable Omelet Hash Browns Oatmeal Apple Juice	French Toast with Warm Syrup Breakfast Meat Toasted Oats Grape Juice	Fried Egg Buttered Wheat Toast Oatmeal Blended Juice	Donut Broccoli Cheese Egg Scramble Raisin Bran Cereal Orange Juice
Old Fashioned Meatloaf with Gravy Herb Mashed Potatoes Seasoned Fresh Vegetables Biscuit Ice Cream	Oregano Chicken Polenta Baked Fresh Zucchini Fresh Green Salad Frosted Cake	Cheese & Vegetable Lasagna Broccoli & Carrots Creamy Garbanzo Salad Garlic Bread Fresh Melon Vegetarian Meal	Roast Pork Loin with Spiced Apples Ranch Style Beans Southern Style Green Beans Cornbread Vanilla Mousse	Oven Crisp Fish Rice Pilaf Cream Peas Confetti Coleslaw Pina Colada Cake	All- American Pot Roast Boiled Red Potatoes Sage Seasoned Carrots Wheat Roll Ice Cream	Roast Turkey with Seasoned Sauce Sweet Potatoes Spinach with Bacon Wheat Roll Peanut Butter Pudding Pie
Fishwich Sandwich on a Bun Texas Fries Cucumber Onion Salad Mandarin Oranges & Pineapple Fruit Mix	Pork Carnitas Arroz Verde (Green Rice) Mexican Corn Corn Tortilla Fresh Fruit Cup	Country Vegetable & Bean Soup Chef's Salad Wheat Roll Whipped Gelatin	Baked Herb Chicken Mediterranean Pasta with Vegetables Wheat Roll Pear Crisp	Split Pea Soup Classic Egg Salad Sandwich Tossed Green Salad Cinnamon Peaches with Whipped Topping	Chinese Noodle Soup Hoisin Chicken Stir-Fry Fluffy Brown Rice Oriental Green Salad with Asian Dressing Fresh Fruit Cup	Pork Ragout over Parsley Herb Pasta Lemon Basil Green Beans Garlic Bread Fruit Ambrosia

Milk and Beverage Offered with Every Meal; Healthcare Menus Direct, LLC.



Good For Your Health Menus



Summer

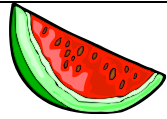
July 18 - 24, 2022

Week 3

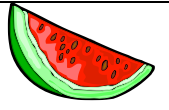
MONDAY July 18	TUESDAY July 19	WEDNESDAY July 20	THURSDAY July 21	FRIDAY July 22	SATURDAY July 23	SUNDAY July 24
Fried Egg Buttered Wheat Toast Oatmeal Pineapple Juice	Pancake with Apple Topping Breakfast Meat Raisin Bran Cereal Apple Juice	Scrambled Egg Apple Raisin Bran Muffin Hot Farina Grape Juice	French Toast with Warm Syrup Breakfast Meat Oatmeal Blended Juice	Baked Vegetable Omelet Buttered Wheat Toast Toasted Oats Orange Juice	Biscuits and Gravy Fruit Cup Raisin Bran Cereal Pineapple Juice	Coffee Cake Scrambled Egg Oatmeal Apple Juice
French Dip On a Roll Au Jus French Fries Corn Coleslaw Cappuccino Mousse	Curry Lemon Chicken Herbed Rice Peas with Onions Wheat Roll Ice Cream	Taco Casserole Seasoned Fresh Zucchini Fiesta Salad Tangy Glazed Fresh Fruit	Glazed Ham Steak Potato Medley Broccoli with Tarragon Cornbread Frosty Sherbet Square	Chicken & Rice Casserole Carrots with Parsley Wheat Roll Peach Fluff Dessert	Hamburger on a Bun with Lettuce, Pickle & Tomato Potato Salad Melon	Roast Pork Loin with Savory Thyme Sauce Baked Potato Spinach and Onions Wheat Roll Chocolate Delight
Fish with Garlic Butter Pasta with Spinach & Cottage Cheese Broccoli with Dill Mayonnaise Wheat Roll Fruit Bavarian Cream Dessert	Macaroni and Cheese Mixed Vegetable Blend Fresh Green Salad Assorted Fruit	Beef Teriyaki Classic Rice Stir Fry Vegetables Cherry N' Cream Square	Deli Meat Sandwich Tomato and Lettuce Macaroni Salad Fresh Fruit	Spaghetti with Meat Sauce Italian Green Beans Mediterranean Green Salad Brownie	Minestrone Soup Combination Pizza Tossed Green Salad Lemon Cookie	Broccoli Cheese Soup Dill Turkey Salad Sandwich Creamy Garbanzo Bean Salad Fresh Fruit Cup

Milk and Beverage Offered with Every Meal;

Healthcare Menus Direct, LLC.



Good For Your Health Menus



Summer

July 25 - 31, 2022

Week 4

MONDAY July 25	TUESDAY July 26	WEDNESDAY July 27	THURSDAY July 28	FRIDAY July 29	SATURDAY July 30	SUNDAY July 31
Pancake with Warm Syrup Breakfast Meat Raisin Bran Cereal Grape Juice	Baked Spanish Omelet Buttered Wheat Toast Oatmeal Blended Juice	Scrambled Egg Bran Muffin Hot Farina Orange Juice	French Toast With Warm Syrup Breakfast Meat Corn Flakes Pineapple Juice	Fried Egg Buttered Wheat Toast Hot Oatmeal Apple Juice	Eggs Benedict Casserole Fruit Cup Toasted Oats Cereal Grape Juice	Sweet Roll Scrambled Egg Bacon Raisin Bran Cereal Orange Juice
Salisbury Steak with Grilled Onions Diced Fried Potatoes Corn with Green Peppers Fresh Green Salad Ice Cream	Roast Turkey with Gravy Bread Stuffing Broccoli with Garlic Wheat Roll Glazed Apple Square	Fish Italiano Scalloped Potatoes Italian Herb Vegetables Red & Green Salad Peach Crisp	Oven Fried Chicken Mashed Potatoes and Gravy Zesty Spinach Wheat Roll Lemon Mousse with Strawberry Sauce	Braised Beef Tri Color Pasta Capri Blend Vegetables Wheat Roll Assorted Melon	Sweet n' Sour Pork Fluffy Brown Rice Seasoned Fresh Zucchini Broccoli Salad Pumpkin Dessert Bar	Stuffed Bell Pepper Seasoned Corn Wheat Roll Cream Pie
Cornflake Chicken Twistie Noodles Creamy Marinara Sauce Seasoned Green Beans Fruit Salad Sunshine Cake with Lemon Frosting	Cheese Enchiladas Fiesta Rice Southwestern Salad Summertime Pears	Creamy Beef and Egg Noodle Casserole Gingered Carrots Wheat Roll Fresh Fruit Cup	Turkey & Bacon Sandwich Macaroni Salad Nilla Banana Pudding	Tomato Soup Grilled Cheese Sandwich Mixed Greens Salad Cup Cake with Frosting	Dijon Parmesan Chicken Mashed Yams Peas with Red Peppers Garlic Bread Assorted Fruit	Zuppa Toscana Soup Tuna Salad Sandwich Tossed Green Salad Snickerdoodle Cookie

Milk and Beverage Offered with Every Meal; Healthcare Menus Direct, LLC.



Good For Your Health Menus



Summer

August 1 - 7, 2022

Week 1

MONDAY August 1	TUESDAY August 2	WEDNESDAY August 3	THURSDAY August 4	FRIDAY August 5	SATURDAY August 6	SUNDAY August 7
Fried Egg Buttered Wheat Toast Oatmeal Apple Juice	Pancake with Warm Syrup Breakfast Meat Hot Farina Grape Juice	Ham and Egg Scramble Buttered Wheat Toast Raisin Bran Cereal Blended Juice	French Toast With Warm Syrup Breakfast Meat Oatmeal Orange Juice	Baked Italian Omelet Buttered Wheat Toast Raisin Bran Cereal Pineapple Juice	Waffle with Warm Syrup Breakfast Meat Oatmeal Apple Juice	Baked Western Omelet Banana Bread Toasted Oats Grape Juice
Swedish Meatballs Egg Noodles Fresh Zucchini and Carrots Wheat Roll Raspberry Parfait Square	Herb & Spice Roast Beef with Gravy Mashed Potatoes Spinach Au Gratin Caesar Salad Fruit Mix Crumble Cake	Tahitian Chicken Classic Rice Broccoli with Garlic Wheat Roll Chocolate Pudding with Whipped Topping	Fish with Dill Sauce Seasoned Fries Herbed Corn and Tomatoes Wheat Roll Ice Cream	Smothered Pork Chop Brown Rice Herbed Green Beans Fresh Green Salad Carrot Cake	Roast Turkey with Tarragon Mushroom Sauce Bread Stuffing Parslied Carrots Three Bean Salad Glazed Lemon Square	Baked Ham with Raisin Sauce Scalloped Potatoes Zesty Spinach Wheat Roll Fruit Pie
Creamy Herb Chicken Garlic Rice Seasoned Peas Red & Green Salad Brownie A La Banana	Summertime Lentil Soup Turkey Salad on a Croissant Potato Chips Melon Cup	BBQ Beef on a Bun Baked Beans The Pantry Coleslaw Apples with Caramel Sauce	Chili Relleno Casserole Fresh Zucchini Strips With Tarragon Summer Fruit Salad Cornbread Oatmeal Raisin Cookie	Cheese Ravioli with Sage Sauce Dilled Brussels Sprouts Garlic Bread Fresh Fruit Cup	Bean & Bacon Soup Tuna Salad on a Bed of Lettuce Beets and Onions Wheat Roll Pears ala Crème	Three Cheese Pizza Pineapple Slice Mediterranean Green Salad Chocolate Chip Bar

Milk and Beverage Offered with Every Meal; Healthcare Menus Direct, LLC.



Good for Your Health Menus



Summer

August 8 - 14, 2022

Week 2

MONDAY August 8	TUESDAY August 9	WEDNESDAY August 10	THURSDAY August 11	FRIDAY August 12	SATURDAY August 13	SUNDAY August 14
Scrambled Egg Bran Muffin Corn Flakes Blended Juice	Pancake with Warm Syrup Breakfast Meat Oatmeal Orange Juice	Bacon and Egg Scramble Buttered Wheat Toast Raisin Bran Cereal Pineapple Juice	Baked Vegetable Omelet Hash Browns Oatmeal Apple Juice	French Toast with Warm Syrup Breakfast Meat Toasted Oats Grape Juice	Fried Egg Buttered Wheat Toast Oatmeal Blended Juice	Donut Broccoli Cheese Egg Scramble Raisin Bran Cereal Orange Juice
Old Fashioned Meatloaf with Gravy Herb Mashed Potatoes Seasoned Fresh Vegetables Biscuit Ice Cream	Chicken Cordon Bleu Roasted Red Potatoes Peas & Onions Dinner Roll Cream Puff French Day	Lasagna Casserole Broccoli & Carrots Garlic Bread Fresh Melon	Roast Pork Loin with Spiced Apples Ranch Style Beans Southern Style Green Beans Cornbread Vanilla Mousse	Oven Crisp Fish Rice Pilaf Cream Peas Confetti Coleslaw Pina Colada Cake	All- American Pot Roast Boiled Red Potatoes Sage Seasoned Carrots Wheat Roll Ice Cream	Roast Turkey with Seasoned Sauce Sweet Potatoes Spinach with Bacon Wheat Roll Peanut Butter Pudding Pie
Fishwich Sandwich on a Bun Texas Fries Cucumber Onion Salad Mandarin Oranges & Pineapple Fruit Mix	Pork Carnitas Arroz Verde (Green Rice) Mexican Corn Corn Tortilla Fresh Fruit Cup	Country Vegetable & Bean Soup Chef's Salad Wheat Roll Whipped Gelatin	Baked Herb Chicken Mediterranean Pasta With Vegetables Wheat Roll Pear Crisp	Split Pea Soup Classic Egg Salad Sandwich Tossed Green Salad Cinnamon Peaches with Whipped Topping	Chinese Noodle Soup Hoisin Chicken Stir-Fry Fluffy Brown Rice Oriental Green Salad with Asian Dressing Fresh Fruit Cup	Pork Ragout over Parsley Herb Pasta Lemon Basil Green Beans Garlic Bread Fruit Ambrosia

Milk and Beverage Offered with Every Meal;

Healthcare Menus Direct, LLC.



GOOD FOR YOUR HEALTH MENUS



Summer

August 15 - 21, 2022

Week 3

MONDAY August 15	TUESDAY August 16	WEDNESDAY August 17	THURSDAY August 18	FRIDAY August 19	SATURDAY August 20	SUNDAY August 21
Fried Egg Buttered Wheat Toast Oatmeal Pineapple Juice	Pancake with Apple Topping Breakfast Meat Raisin Bran Cereal Apple Juice	Scrambled Egg Apple Raisin Bran Muffin Hot Farina Grape Juice	French Toast with Warm Syrup Breakfast Meat Oatmeal Blended Juice	Baked Vegetable Omelet Buttered Wheat Toast Toasted Oats Orange Juice	Biscuits and Gravy Fruit Cup Raisin Bran Cereal Pineapple Juice	Coffee Cake Scrambled Egg Oatmeal Apple Juice
French Dip On a Roll Au Jus French Fries Corn Coleslaw Cappuccino Mousse	Curry Lemon Chicken Herbed Rice Peas with Onions Wheat Roll Ice Cream	Taco Casserole Seasoned Fresh Zucchini Fiesta Salad Tangy Glazed Fresh Fruit	Glazed Ham Steak Potato Medley Broccoli with Tarragon Cornbread Frosty Sherbet Square	Chicken & Rice Casserole Carrots with Parsley Wheat Roll Peach Fluff Dessert	Hamburger on a Bun with Lettuce, Pickle & Tomato Potato Salad Melon	Roast Pork Loin with Savory Thyme Sauce Baked Potato Spinach and Onions Wheat Roll Chocolate Delight
Fish with Garlic Butter Pasta with Spinach & Cottage Cheese Broccoli with Dill Mayonnaise Wheat Roll Fruit Bavarian Cream Dessert	Macaroni and Cheese Mixed Vegetable Blend Fresh Green Salad Assorted Fruit	Beef Teriyaki Classic Rice Stir Fry Vegetables Cherry N' Cream Square	Deli Meat Sandwich with Tomato and Lettuce Macaroni Salad Fresh Fruit	Spaghetti with Meat Sauce Italian Green Beans Mediterranean Green Salad Brownie	Minestrone Soup Combination Pizza Tossed Green Salad Lemon Cookie	Broccoli Cheese Soup Dill Turkey Salad Sandwich Creamy Garbanzo Bean Salad Fresh Fruit Cup

Milk and Beverage Offered with Every Meal; Healthcare Menus Direct, LLC.



Good For Your Health Menus



Summer

Aug. 22 - 28, 2022

Week 4

MONDAY August 22	TUESDAY August 23	WEDNESDAY August 24	THURSDAY August 25	FRIDAY August 26	SATURDAY August 27	SUNDAY August 28
Pancake with Warm Syrup Breakfast Meat Raisin Bran Cereal Grape Juice	Baked Spanish Omelet Buttered Wheat Toast Oatmeal Blended Juice	Scrambled Egg Bran Muffin Hot Farina Orange Juice	French Toast With Warm Syrup Breakfast Meat Corn Flakes Pineapple Juice	Fried Egg Buttered Wheat Toast Hot Oatmeal Apple Juice	Eggs Benedict Casserole Fruit Cup Toasted Oats Cereal Grape Juice	Sweet Roll Scrambled Egg Bacon Raisin Bran Cereal Orange Juice
Salisbury Steak with Grilled Onions Diced Fried Potatoes Corn with Green Peppers Fresh Green Salad Ice Cream	Roast Turkey with Gravy Bread Stuffing Broccoli with Garlic Wheat Roll Glazed Apple Square	Fish Italiano Scalloped Potatoes Italian Herb Vegetables Red & Green Salad Peach Crisp	Oven Fried Chicken Mashed Potatoes and Gravy Zesty Spinach Wheat Roll Lemon Mousse with Strawberry Sauce	Braised Beef Tri Colored Pasta Capri Blend Vegetables Wheat Roll Assorted Melon	Sweet n' Sour Pork Fluffy Brown Rice Seasoned Fresh Zucchini Broccoli Salad Pumpkin Dessert Bar	Stuffed Bell Pepper Seasoned Corn Wheat Roll Cream Pie
Cornflake Chicken Twistie Noodles Creamy Marinara Sauce Seasoned Green Beans Fruit Salad Sunshine Cake with Lemon Frosting	Cheese Enchiladas Fiesta Rice Southwestern Salad Summertime Pears	Creamy Beef and Egg Noodle Casserole Gingered Carrots Wheat Roll Fresh Fruit Cup	Turkey & Bacon Sandwich Macaroni Salad Nilla Banana Pudding	Tomato Soup Grilled Cheese Sandwich Mixed Greens Salad Cup Cake with Frosting	Dijon Parmesan Chicken Mashed Yams Peas with Red Peppers Garlic Bread Assorted Fruit	Zuppa Toscana Soup Tuna Salad Sandwich Tossed Green Salad Snickerdoodle Cookie

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Good For Your Health Menus

Summer

Aug. 29 - Sept 4, 2022

Week 1



Milk and Beverage Offered with Every Meal; Healthcare Menus Direct, LLC.