



July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Substitutions The following side items can be substituted under the for any menu item, when available, this month: Vegetable Substitutions: Broccoli, Spinach, Carrots, Yellow Squash Starch Substitutions: Macaroni Salad, Italian Pasta Salad, Potato Salad, Dinner Roll			1 Teriyaki Chicken Strips, Asian Vegetable Medley an Cabbage	2 Buffalo Chicken & Colby Jack Cheese Sandwich on white bread, Veggie Sticks and Cantaloupe/Honey Dew Fresh Fruit Cup	3 Salisbury Steak with Mashed Potatoes, and Carrots	4 Shrimp & Broccoli Linguini Fettuccini, Tomato & Cucumber Salad and Garlic Bread
5 Garlic & Herb Seasoned Pork Tenderloin, Mashed Potatoes and Carrots	6 Dixie Crunch Breaded Pollock Meals, Butternut Squash & Autumn Blend	7 Chicken Alfredo with Broccoli and Mixed Fruit Cup	8 Baked Rosemary Chicken with Potato Salad and Collard Greens	9 Steak Salad (w/boiled egg) and Garlic Cheese Toast	10 Ground Beef Asparagus & Zucchini Skillet, Pinto Beans and Peach Cobbler	11 Lemon Pepper Whitefish with Rice and Capri Mixed Vegetables
12 Southern Fried Porkchop (breaded) with Macaroni Salad and Broccoli	13 Tuscany Baked Chicken Breast Meals, Stewed Tomatoes & Cinnamon Sweet Potatoes Chicken Breast, Stewed Tomatoes & Cinnamon Sweet Potatoes	14 Homemade Macaroni & Cheese Entrée with Carrots and Raspberry Crumb Cake	15 Italian Seasoned Chicken with Tomato Chutney Atop, Green Beans and Rice	16 Philly Cheesesteak Sandwich and Crinkle Cut Fries	17 BBQ Meatballs with Rice on side, Garlic Spinach and Watermelon Fruit	18 Blackened (not spicy) Whitefish with Coleslaw and Sauteed Yellow Squash
19 Cornbread Stuffing Stuffed Porkchop, Green Peas and Bartlett Pears or Cake dessert	20 Stuffed Bell Peppers (beef & and rice) with Fresh Cantaloupe and Spinach	21 Chipped Beef on Texas Toast with Watermelon and Peas & Carrots	22 Rotisserie Roasted Chicken with Cauliflower and Scandinavian Mixed Vegetables	23 Grilled Cheese & Tomato Soup Sandwich and Mandarin Orange	24 Sliced Strip Steak w/Onions, Mashed Potatoes an Green Beans	25 Fish Stew (w/crabmeat), dinner Roll and Fruit Cup
26 Smothered Porkchop, Sweet Corn, Scandinavian Mixed Vegetables	27 Salisbury Steak with Mashed Potatoes and Green Beans	28 Spaghetti & Meatballs with Capri Mixed Vegetables and Mini Cupcakes	29 Curry Baked Chicken, Dinner Roll and Asian Vegetable Medley	30 Seafood Casserole (with shrimp & crab), Dinner Roll and California Mixed Vegetables	31 Three Pigs in a Blanket (beef or pork), Orange or Strawberry Jello and French Fries	