

July 2018 Dinner Menu*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Cut Salads Corn Chowder Chicken Marinara Ziti & Meat Sauce Crispy Fish Filet Served w/Pasta & Veg Cake or Fresh Fruit	2 Tossed Salad Potato Leek Soup Veggie Burger/Onions Fish Du Jour*♥ Served with- Tater Tots & Veg. Cold Plate –Whitefish, Egg, & Macaroni Salads Ice Cream or Fresh Fruit	3 Beet/Garbanzo Salad Split Pea Soup w/Franks Grilled Chicken Breast Fish Du Jour*♥ Served w/Rice Zucchini/Tomato Dessert or Fresh Fruit	4 Happy Independence Day!! Tossed Salad Minestrone Soup BBQ Chicken Wings Deli Turkey on Rye Fish Filet Served W/Potato Chips & Cole Slaw Dessert or Fresh Fruit	5 Mix Bean Salad Root-Vegetable Soup Chicken in the Pot Pasta Bolognese Fish Du Jour*♥ Served with Pasta & Mix Veggies Dessert or Fresh Fruit	6 Mesclun Mix Gefilte Fish Chicken Rice Soup Roast Chicken*♥ Pot Roast Grilled Salmon*♥ Served w/Mushroom Egg Barley & Veg. Blend Dessert or Fresh Fruit	7 Tossed Salad Roasted Chicken*♥ Deli Plate Baked Salmon*♥ Served with Potato & Cole Slaw Dessert or Fresh Fruit
8 Tossed Salad Mushroom/Onion Soup Garlic Chicken*♥ Meatloaf/Gravy Fish Du Jour* Served w/Mashed Pot. & Veggies Dessert or Fresh Fruit	9 Tossed Salad Tomato-Pasta Soup Blintzes Fish Du Jour*♥ Served with Pasta & Veg Cold Plate – Tuna, Eggs, & Potato Salad Ice Cream or Fresh Fruit	10 Cucumber Salad Roasted Corn Chowder Apricot Chicken BBQ Beef Tacos Fish Du Jour*♥ Served with Rice & Tomato/Onion Dessert or Fresh Fruit	11 Tossed Salad Mushroom Barley Soup Garlic Chicken Grilled Hamburger Crispy Fish Filet Served w/Crispy Fries & House Blend Dessert or Fresh Fruit	12 Crunchy Cabbage Salad Yellow Split Pea Soup Rosemary Chicken Beef Teriyaki Fish Du Jour*♥ Served w/Egg Noodles & Veg. Blend Dessert or Fresh Fruit	13 Tossed Salad Chopped Liver Chicken Noodle Soup Roasted Chicken*♥ Moroccan Lamb Stew Ginger/Garlic Salmon Served w/Couscous & Green Bean Almondine Dessert or Fresh Fruit	14 Tossed Salad Deli Plate Baked Chicken*♥ Baked Salmon*♥ Served with Roasted Potatoes & Cole Slaw Dessert or Fresh Fruit
15 Tossed Salad Vegetable Soup Chicken/Orange Glaze Salisbury Steak Fish Du Jour*♥ Served with Pot & Veg Dessert or Fresh Fruit	16 Tossed Salad Split Pea Soup Cranberry Chicken BBQ Short Ribs Fish Du Jour*♥ Served with Roasted Potato & Bean Blend Dessert or Fresh Fruit	17 Tomato-Onion Salad Butternut Bisque Walnut Crust Chicken Fish Du Jour*♥ Served w/Rice & Veg. Blend Dessert or Fresh Fruit	18 *DAIRY DAY* Tossed Salad Cream of Broccoli Soup Cheese Lasagna Crispy Fish Filet Served w/Potato & Veg. Cold Plate – Salmon, Egg w/Russian Pot. Salads Ice Cream or Fresh Fruit	19 *DAIRY DAY* Marin. Mushroom Salad Cream of Spinach Soup Eggplant Meatball Sand. Fish Du Jour*♥ Served with Pasta & Veg Cold Plate –Tuna, Egg w/Pasta Salad Dessert or Fresh Fruit	20 Tossed Salad Gefilte Fish Chicken Matzo Ball Roasted Chicken*♥ Brisket of Beef Honey/Mustard Salmon Served w/Potato Knish & Veg. Blend Dessert or Fresh Fruit	21 Tish'a B'av Eve. Tossed Salad Baked Salmon*♥ Baked Chicken*♥ Deli Plate Served with Potato & Cole Slaw Dessert or Fresh Fruit

♥= No added Salt

**Please note Low Fat or Low Cholesterol (Remove Chicken Skin)

***Menu Subject to Change based on availability.**

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22 Tish'a B'av Tossed Salad Potato Soup Mac & Cheese Fish Du Jour♥ Served with Pasta & Veggies Dessert or Fresh Fruit	23 Tossed Salad Cream of Vegetable Fettuccini-Seafood-Alfredo Fish Du Jour*♥ Served w/Potato & Veg. Cold Plate – Tuna, Eggs & Cole Slaw Ice Cream or Fresh Fruit	24 Beet/Garbanzo Salad Mushroom Barley Soup Ginger Glaze Chicken Beef Chili Fish Du Jour*♥ Served w/Rice & Cut Beans Dessert or Fresh Fruit	25 Tossed Salad Lentil Soup BBQ Chicken Corned Beef & Cabbage Fish Croquette Served w/Sweet Pot. Fries & Tuscany Blend Dessert or Fresh Fruit	26 Carrot-Raisin Salad Russian Cabbage Soup Corn Flake Chicken Beef Portobello Fish Du Jour*♥ Served w/Egg Noodles & Spaghetti Squash Dessert or Fresh Fruit	27 Mesclun Salad Chopped Liver Chicken Orzo Soup Roasted Chicken*♥ Grilled Veal Chops Teriyaki Salmon Served w/Sweet Potato & Fresh Veggies Dessert or Fresh Fruit	28 Tossed Salad Baked Salmon*♥ Baked Chicken*♥ Deli Plate Served with Potato & Cole Slaw Dessert or Fresh Fruit
29 Tossed Salad Celery Soup Chicken w/Mushrooms Spaghetti & Meatballs Fish Du Jour*♥ Served w/Pasta & Peas Dessert or Fresh Fruit	30 Tossed Salad Cream of Cauliflower Vegetable Quiche Fish Du Jour*♥ Served w/Pasta & Veg. Cold Plate- Lox/Bagel, L/T/O & Pasta Salad Ice Cream or Fresh Fruit	31 Cucumber Salad Vegetable Soup Chicken Milanese Fish Du Jour*♥ Served w/Rice & Creamed Spinach Dessert or Fresh Fruit				

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