








July

Franklin

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Shrimp Scampi (3oz Shrimp) 1/2c Creamy Pasta 1/2c Lemon Pepper Broccoli 1 Breadstick 1/2c Pudding 	2 Swiss Steak w/ Onion Gravy 1/2c Cabbage & Noodles 1/2c Green Beans Wheat Bread 1/2c Pineapple Delight	3 Chicken Philly Cheesesteak 1c Cream of Spinach Soup 1/2c Coleslaw 1 Hoagie Roll Fresh fruit 	4 Fourth of July! 
7 3oz Pot Roast w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables Wheat Bread 1/2c Mixed Fruit	8 Grilled Chicken Salad (2oz Chicken, Cheddar, over 1c Mixed Greens) 1c Cream of Broccoli Soup 1 Dinner Roll 1/2c Fruited Gelatin	9 BBQ Chicken Breast 1/2c Country Collard Greens 1/2c Baked Beans 1 Dinner Roll Seasonal Fresh Fruit	10 1c Cabbage Roll Casserole 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 Dinner Roll Seasonal Fresh Fruit	11 Western Omelet w/ Peppers, Onions, Cheese 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Apple Juice
14 3oz Baked Meatloaf w/ 2oz Gravy Baked Potato w/ Margarine 1/2c Pickled Hot Beets 1 White Bread Seasonal Fresh Fruit	15 3oz Balsamic Chicken 1/2c Rosemary White Beans 1/2c Tomatoes & Zucchini 1 Garlic Breadstick 1/2c Pineapple Tidbits 	16 4oz Sloppy Joe 1/2c Roasted Sweet Potatoes 1/2c Cauliflower 1 Hamburger Bun Oatmeal Cream Pie	17 Baked Crab Cake 1c Tomato Basil Soup 1/2c Cheesy Potatoes 1 Wheat Bread Fresh Fruit	18 Vegetable Lasagna 1c Tossed Salad 1/2c Green Beans 1 Dinner Roll 1 Cookie
21 3oz Open Faced Turkey Sandwich w/ 2oz Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie	22 3oz Salisbury Steak w/ 2oz Gravy Baked Potato w/ Margarine 1/2c Broccoli 1 Wheat Bread Fresh Fruit	23 3oz Kielbasa w/ 1oz Sauerkraut 1/2c Cabbage & Noodles 1/2c Brussel Sprouts 1/2c Applesauce 	24 Roast Beef Sandwich (3oz Roast Beef w/ 1oz Mozzarella Cheese) 1c Cream of Cauliflower Soup 1 Hamburger Bun 1/2c Blushed Pears	25 Cheeseburger 1/2c BBQ Baked Beans 1 Hamburger Bun 1c Tossed Salad w/ Tomato 1/2c Mandarin Oranges
28 Sweet & Sour Pork 1/2c Brown Rice 1/2c Broccoli & Cauliflower Blend 1 Wheat Bread Fresh Fruit	29 Turkey Salad (2oz Turkey, Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Dinner Roll 1/2c Gelatin	30 Swedish Meatballs (4) 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll Fresh Fruit	31 3oz Sausage Gravy 1 Biscuit 1 Egg Bite 1/2c Diced Potatoes 4oz Orange Juice 	
*menu subject to change				