

# LifeBridge Congregate Menu July 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>1</b>		<b>2</b>		<b>3 - Independence Day Special</b>		<b>4</b>		<b>5</b>	
Hamburger Patty American Cheese Crinkle Cut Fries Carrots WG Hamburger Bun Seasonal Fruit Milk Ketchup	1 ea 1 slc 1/2 c 1/2 c 1 ea 1 ea 8 oz 1 ea	Smothered Chicken Thigh Brown Rice Broccoli Rye Bread <b>Pound Cake</b> Assorted Fruit Juice Milk Margarine	1 ea 1/2 c 1/2 c 1 slc 1 slc 4 oz 8 oz 1 ea	Low Sodium Hot Dog w/Chili Wheat Hot Dog Bun Oven Roasted Carrots Oatmeal Cookie Assorted Fruit Juice Low Fat Milk Mustard	3 oz 1 ea 1/2 c 1/2 c 1 ea 1 ea 4 oz 8 oz 1 ea	<b>CLOSED</b>		BBQ Chicken Leg Quarter Macaroni & Cheese Mixed Greens White Bread Cinnamon Applesauce Milk Margarine	1 ea 1/2 c 1/2 c 1 slc 1/2 c 8 oz 1 ea
<b>8</b>		<b>9</b>		<b>10</b>		<b>11 - Bastille Day Special</b>		<b>12</b>	
Honey Baked Chicken Thigh Confetti Brown Rice Carrots Rye Bread Seasonal Fruit Milk Margarine	1 ea 1/2 c 1/2 c 1 slc 1 ea 8 oz 1 ea	Potato Crusted Pollock Oven Roasted Potatoes <b>Cucumber Salad</b> White Bread Diced Peaches Milk Margarine Tartar Sauce	1 ea 1/2 c 1/2 c 1 ea 1/2 c 8 oz 1 ea 1 ea	Salisbury Steak w/Vegetable Gravy Rice Pilaf Broccoli Dinner Roll Diced Pears Milk Margarine	1 ea 1/2 c 1/2 c 1 ea 1/2 c 8 oz 1 ea	Chicken w/Cordon Bleu Sauce Parslied Rice Green Beans White Bread Applesauce Low Fat Milk Margarine	1 ea 1/2 c 1/2 c 1 slc 1/2 c 8 oz 1 ea	<b>Mushroom Soup</b> Chicken Scallopini Garlic Parmesan Orzo Italian Bread Seasonal Fruit Milk Margarine <b>Saltine Crackers</b>	6 oz 3 oz 1/2 c 1 slc 1 ea 8 oz 1 ea 1 pkt
<b>15</b>		<b>16</b>		<b>17</b>		<b>18</b>		<b>19</b>	
Beef/Chicken Meatballs (0.5 oz) w/Marinara Sauce Penne Pasta Green Peas Italian Bread Seasonal Fruit Milk Margarine	6 ea 1/2 c 1/2 c 1 slc 1 ea 1 ea 8 oz 1 ea	Chicken Stir Fry Brown Rice Green Beans Rye Bread Applesauce Milk Margarine	3/4 c 1/2 c 1/2 c 1 slc 1/2 c 8 oz 1 ea	<b>Navy Bean Soup</b> Beef Philly Cheese Steak Oven Roasted Potatoes WG Hot Dog Bun Seasonal Fruit Milk Margarine <b>Saltine Crackers</b>	6 oz 3 oz 1/2 c 1 ea 1 ea 8 oz 1 ea 1 pkt	Bourbon Chicken Thigh Cheesy Whipped Potatoes Broccoli Dinner Roll Chocolate Chip Cookie Assorted Fruit Juice Milk Margarine	1 ea 1/2 c 1/2 c 1 ea 1 ea 4 oz 8 oz 1 ea	Sweet & Sour Hawaiian Pork Vegetable Lo Mein Asian Vegetable Blend Wheat Bread Mandarin Oranges Milk Margarine	3 oz 1/2 c 1/2 c 1 slc 1/2 c 8 oz 1 ea
<b>22</b>		<b>23</b>		<b>24</b>		<b>25</b>		<b>26</b>	
Country Fried Steak w/Gravy Whipped Potatoes Broccoli White Bread Seasonal Fruit Milk Margarine	1 ea 1/2 c 1/2 c 1 slc 1 ea 8 oz 1 ea	Cheese Ravioli w/Pesto Cream Sauce <b>Tossed Salad</b> Cauliflower Dinner Roll Applesauce Milk Margarine <b>Ranch Dressing</b>	8 ea 1/2 c 1/2 c 1 ea 1/2 c 8 oz 1 ea 1 pkt	BBQ Pork Scalloped Potatoes Mixed Greens Wheat Bread Fudge Brownie Assorted Fruit Juice Milk Margarine	3 oz 1/2 c 1/2 c 1 slc 1 ea 4 oz 8 oz 1 ea	<b>Greek Chicken Salad</b> <b>(Mixed Greens,</b> <b>Tomatoes, Olives,</b> <b>Garbanzo Bean Salad</b> Italian Bread Seasonal Fruit Milk Margarine <b>Italian Dressing</b>	1 1/2 c 1/2 c 1 slc 1 ea 8 oz 1 ea 1 pkt	<b>Corn Chowder</b> Salisbury Steak w/Gravy Whipped Potatoes Dinner Roll Diced Pears Milk Margarine <b>Saltine Crackers</b>	6 oz 1 ea 1/2 c 1 ea 1/2 c 8 oz 1 ea 1 pkt
<b>29</b>		<b>30</b>		<b>31</b>					
King Ranch Chicken Leg Quarter Cheesy Whipped Potatoes Spinach White Bread Seasonal Fruit Milk Margarine	1 ea 1/2 c 1/2 c 1 slc 1 ea 8 oz 1 ea	Sesame Beef Brown Rice Asian Vegetable Blend Dinner Roll Mandarin Oranges Milk Margarine	3 oz 1/2 c 1/2 c 1 ea 1/2 c 8 oz 1 ea	<b>Cream of Broccoli</b> Spinach Quiche Oven Roasted Potatoes Wheat Bread Cinnamon Applesauce Milk Margarine <b>Saltine Crackers</b>	6 oz 1 slc 1/2 c 1 slc 1/2 c 8 oz 1 ea 1 pkt				