


JULY 2018

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<p>1 <u>LUNCH</u> Beef w/Noodle Steamed Spinach</p> <p><u>DINNER</u> Roast Pork Red Potatoes</p>	<p>2 <u>LUNCH</u> Navajo Taco</p> <p><u>DINNER</u> BBQ Beef Brisket Mixed Vegetables</p>	<p>3 <u>LUNCH</u> Chicken Fried Steak Baked Potato</p> <p><u>DINNER</u> Roast Turkey Stuffing</p>	<p>4 <u>LUNCH</u> Beef Enchiladas Spanish Rice</p> <p><u>DINNER</u> Roast Beef w/gravy Mashed Potatoes</p>	<p>5 <u>LUNCH</u> BBQ Pork Ribs Garlic Mashed Potato</p> <p><u>DINNER</u> Spaghetti Dinner Roll</p>	<p>6 <u>LUNCH</u> Roast Chicken Baked Potato</p> <p><u>DINNER</u> Chicken Fajitas Spanish Rice</p>	<p>7 <u>LUNCH</u> Swiss Steak White Rice</p> <p><u>DINNER</u> Sweet & Sour Pork White Rice</p>
<p>8 <u>LUNCH</u> Braised lamb Stew Frybread</p> <p><u>DINNER</u> Crispy Chicken Baked Potato</p>	<p>9 <u>LUNCH</u> Seared Pork Chop Wild Rice</p> <p><u>DINNER</u> Chicken Noodle Casserole</p>	<p>10 <u>LUNCH</u> Hamburger / Cheeseburger</p> <p><u>DINNER</u> Prime Rib Garlic Mashed Potato</p>	<p>11 <u>LUNCH</u> Chicken Enchilada Spanish Rice</p> <p><u>DINNER</u> Homemade lasagna Dinner Roll</p>	<p>12 <u>LUNCH</u> Pepper Steak White Rice</p> <p><u>DINNER</u> Braised Beef Stew Tortilla</p>	<p>13 <u>LUNCH</u> BBQ Chicken Asparagus</p> <p><u>DINNER</u> Salisbury Steak Red Potatoes</p>	<p>14 <u>LUNCH</u> Vegetable Meatloaf Garlic Mashed Potato</p> <p><u>DINNER</u> Chicken Teriyaki Steamed white rice</p>
<p>15 <u>LUNCH</u> Beef w/Noodle Steamed Spinach</p> <p><u>DINNER</u> Roast Pork Red Potatoes</p>	<p>16 <u>LUNCH</u> Navajo Taco</p> <p><u>DINNER</u> BBQ Beef Brisket Mixed Vegetables</p>	<p>17 <u>LUNCH</u> Chicken Fried Steak Baked Potato</p> <p><u>DINNER</u> Roast Turkey Stuffing</p>	<p>18 <u>LUNCH</u> Beef Enchiladas Spanish Rice</p> <p><u>DINNER</u> Roast Beef w/gravy Mashed Potatoes</p>	<p>19 <u>LUNCH</u> BBQ Pork Ribs Garlic Mashed Potato</p> <p><u>DINNER</u> Spaghetti Dinner Roll</p>	<p>20 <u>LUNCH</u> Roast Chicken Baked Potato</p> <p><u>DINNER</u> Chicken Fajitas Spanish Rice</p>	<p>21 <u>LUNCH</u> Swiss Steak White Rice</p> <p><u>DINNER</u> Sweet & Sour Pork White Rice</p>
<p>22 <u>LUNCH</u> Braised lamb Stew Frybread</p> <p><u>DINNER</u> Crispy Chicken Baked Potato</p>	<p>23 <u>LUNCH</u> Seared Pork Chop Wild Rice</p> <p><u>DINNER</u> Chicken Noodle Casserole</p>	<p>24 <u>LUNCH</u> Hamburger / Cheeseburger</p> <p><u>DINNER</u> Prime Rib Garlic Mashed Potato</p>	<p>25 <u>LUNCH</u> Chicken Enchilada Spanish Rice</p> <p><u>DINNER</u> Homemade lasagna Dinner Roll</p>	<p>26 <u>LUNCH</u> Pepper Steak White Rice</p> <p><u>DINNER</u> Braised Beef Stew Tortilla</p>	<p>27 <u>LUNCH</u> BBQ Chicken Asparagus</p> <p><u>DINNER</u> Salisbury Steak Red Potatoes</p>	<p>28 <u>LUNCH</u> Vegetable Meatloaf Garlic Mashed Potato</p> <p><u>DINNER</u> Chicken Teriyaki Steamed white rice</p>
<p>29 <u>LUNCH</u> Beef w/Noodle Steamed Spinach</p> <p><u>DINNER</u> Roast Pork Red Potatoes</p>	<p>30 <u>LUNCH</u> Navajo Taco</p> <p><u>DINNER</u> BBQ Beef Brisket Mixed Vegetables</p>	<p>31 <u>LUNCH</u> Chicken Fried Steak Baked Potato</p> <p><u>DINNER</u> Roast Turkey Stuffing</p>		<p><u>HOLIDAY:</u> </p>		