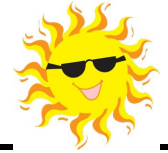




# July 2018

## Solon Retirement Village Lunch Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Smoked Paprika Chicken Cheddar/Sour Cream Mashed Potatoes Mixed Vegetables Dinner Roll Pie Alt Beef Steak with Gravy Peas	2 Spaghetti with Mushrooms Italian Blend Vegetables Garlic Bread Snickerdoodle Fruit Crisp Alt Baked Pork Chop Mashed Potatoes & Gravy	3 Sweet BBQ Ribs Maple Bacon Sweet Potatoes Green Beans Biscuit Seasonal Fresh Fruit Alt Breaded Fish Fillet Coleslaw	4 <u>Happy Independence Day</u> Bratwurst Patty Sandwich Or BBQ Beef Sandwich Potato Wedges Macaroni Salad Watermelon Red/White/Blue Cake	5 Roast Turkey Cornbread Stuffing Broccoli Bread Basket Frosted Blueberry Dessert Alt Meatballs in Mushroom Sauce Mashed Potatoes	6 Breaded Cod Loin Country Style Fried Potatoes Apple Cider Slaw Bread Basket Banana Cheesecake Alt Swiss Steak w/ Tomato Asparagus	7 Chicken Pot Pie Spring Greens w/ Dressing Bread Basket Ice Cream Sundae Alt Cottage Cheese Fruit Plate Fresh Pineapple Crackers
8 Garlic Ginger Pork Chop Parmesan Scalloped Potatoes Green beans Dinner Roll Cherry Pie Alt Beef Pot Roast Mashed Potatoes/Gravy	9 Pulled Pork on a Bun French Fries Tomato and Cucumber Salad Caramel Blondie Alt Breaded Oven Bake Chicken Broccoli	10 Savory Meatloaf Mashed Potatoes Chuck Wagon Corn Bread Basket Strawberry Mallow Dessert Alt Baked Ham Cornbread Stuffing	11 Broccoli Cheese Chicken Breast Baked Potato Catalina Carrots Bread Basket Seasonal Fresh Fruit Alt Chicken Crispito Black Bean/Corn Salad	12 Hot Beef Sandwich Mashed Potatoes Oven Roasted Asparagus Frosted Brownie Alt Baked Pork Chop Mashed Sweet Potatoes	13 Herbed Fish Fillet Long Grain Wild Rice Vegetable Casserole Bread Basket Lemon Burst Poke Cake Alt Beef Steak in Gravy Mashed Potatoes	14 Stuffed Shells w/ Sauce Tossed Salad Garlic Toast Oreo Rice Krispy Square Alt BLT Sandwich Deviled Egg Salad Potato Chips
15 Roasted Chicken Cornbread Stuffing Crunchy Mashed Sweet Potatoes Dinner Roll Pie Alt Country Fried Steak	16 Chili Corn Chips Grilled Cheese Creamy Cucumber Salad Seasonal Fresh Fruit Alt Fish Sandwich Tater Tot	17 Parmesan Crusted Pork Chop Caesar Pasta Salad Italian Blend Vegetables Bread Basket Ambrosia Cake Alt Glazed Meatloaf Baked Potato	18 Fried Chicken Mashed Potatoes Asparagus w/ Hollandaise Bread Basket Strawberry Cake Roll Alt Country Style Ribs Macaroni and Cheese	19 Beef Stroganoff Over Noodles Broccoli Fresh Baked Bread Blueberry Cream Pie Alt Herb Pork Loin Mashed Potatoes	20 Seafood Salad on Croissant French Fries Coleslaw Raspberry Cheesecake Fluff Alt Pulled Pork Sandwich Potato Salad	21 Ham Steak Mashed Potatoes Cheddar Corn Casserole Bread Basket Fruited Gelatin Alt Meatballs with Sauce Parsley Noodles
22 Beef Pot Roast Mashed Potatoes Asparagus Dinner Roll Pie Alt Broccoli Cheese Chicken Breast Vegetable Blend	23 Coconut Crusted Chicken Breast Baked Sweet Potato Green Beans Almandine Bread Basket Seasonal Fresh Fruit Alt Baked Ham Mashed Potato	24 Country Fried Steak Mashed Potatoes Mixed Vegetables Bread Basket Spiced Apple Dessert Alt Baked Fish Fillet Long Grain Wild Rice	25 Turkey Primavera Spring Greens w/ Dressing Garlic Toast Turtle Pudding Alt Beef Liver and Onions Mashed Potatoes	26 Apple Cider Pork Loin Roasted Red Potatoes Peas Bread Basket Mandarin Orange Pretzel Dessert Alt Glazed Meatloaf Vegetable Blend	27 Seasoned Baked Cod W Dijon Hollandaise Sauce Baked Potato Succotash Bread Basket Summertime Gelatin Dessert Alt Tacos Shredded Lettuce/Tomato	28 Salisbury Steak w/Mushroom Gravy Mashed Potatoes Pickled Beets Bread Basket Fruit Cup Alt Breaded Chicken Fillet Green Bean Casserole
29 Open Face Hot Turkey Sand. Mashed Potatoes Seasonal Vegetable Blend Pie Alt Black Oak Sausage Sautéed Onions and Peppers	30 Grilled Garlic Ribeye Steak Baked Potatoes Sunshine Carrots Bread Basket Ice Cream Alt Baked Pork Chop Vegetable Blend	31 Mozzarella Meatloaf Parmesan Noodles Italian Blend Vegetables Garlic Toast Seasonal Fresh Fruit Alt Bacon/Tomato/Egg Salad Sand. Cucumber Pasta Salad				<p><i>Choice of Beverages including: -Coffee, Tea, Milk, Fruit Juice -Bread and Butter -Menu Alternatives Always Available</i></p> <p><i>For more available options, please ask to see our Ala Carte menu!</i></p> <p><i>Enjoy!</i></p>