

spring/summer Week 3					
Monday 7/27/2026	Tuesday 7/28/2026	Wednesday 7/29/2026	Thursday 7/30/2026	Friday 7/31/2026	Saturday 8/1/2026
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Choice of Hot or Cold Cereal Garden Omelet Toast w/ Butter/Jelly Ham, Bacon, or Sausage Seasonal Fruit Cup	Choice of Hot or Cold Cereal Cheese Omelet Breakfast Muffin Ham, Bacon, or Sausage Seasonal Fruit Cup	Choice of Hot or Cold Cereal Buttermilk Pancakes Ham, Bacon, or Sausage Seasonal Fruit Cup	Choice of Hot or Cold Cereal Cheddar Egg Potato Bake Toast w/ Butter/Jelly Ham, Bacon, or Sausage Seasonal Fruit Cup	Choice of Hot or Cold Cereal Belgian Waffle Ham, Bacon, or Sausage Seasonal Fruit Cup	Choice of Hot or Cold Cereal Morning Glory Muffin Choice of Egg Ham, Bacon, or Sausage Seasonal Fruit Cup
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Roasted Red Pepper Soup Arugula Salad Basil Pesto Chicken Flat Bread Potato Wedges *****ALTERNATE***** Balsamic Steak Salad Bread or Roll with Butter Honey Cardamom Fruit Crostata	Creamy Onion Soup Roasted Pit Ham Baked Sweet Potato (A) Herbed Whole Green Beans *****ALTERNATE***** Roasted Veggie Wrap with Garlic Aioli Fresh Fruit Salad French Silk Pie	Lentil Soup Creamy Coleslaw Pub Style Fish and Chips *****ALTERNATE***** Green Goddess Chicken Salad Bread or Roll with Butter White Chocolate Chip Bar	Vegetable Soup Smothered Steak Oven Browned Potatoes Baby Carrots *****ALTERNATE***** Southwest Shredded Pork Salad Bread or Roll with Margarine Blueberry Cobbler	New England Clam Chowder Ravioli with Rose Sauce Italian Blend Vegetables (A) Breadstick *****ALTERNATE***** Garlic Roast Beef Sandwich Baked Potato Chips Cannoli	Zuppa Toscana Sweet and Sour Pork Jasmine Rice Mini Egg Rolls *****ALTERNATE***** Grilled Turkey Reuben on Marble Rye Sweet Potato Fries (A) Pickle Spear Strawberry Mango Fruit Cup
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Roasted Red Pepper Soup Berry Beet Quinoa Salad Roast Beef with Demi Glace Boiled Red Potatoes with Parsley Carrots, Onions, Celery (A) *****ALTERNATE***** Roast Duck a l'Orange Orzo with Vegetables Seasoned Fresh Broccoli Florets Bread or Roll with Butter Lemon Cake	Creamy Onion Soup Zesty Tomato Crouton Salad Pork Chop with Apple Chutney Savory Dressing Steamed Green Peas *****ALTERNATE***** Stuffed Portobella Mushroom Sun Dried Tomato Polenta Normandy Blend Vegetables (A) Bread or Roll with Butter Peanut Butter Bar	Lentil Soup Antipasto Salad Bruschetta Chicken Angel Hair Pasta Sauteed Fresh Spinach (A) *****ALTERNATE***** Cajun Baked Shrimp Creamy Rice Baked Tomatoes Oregano Cappuccino Mousse	Vegetable Soup Tangy Cucumber and Red Grape Salad Vegetable Curry Basmati Rice Naan with Butter *****ALTERNATE***** Beef Bolognese Buttered Spaghetti Asparagus Tips Garlic Cheese Bread Baklava	New England Clam Chowder Caesar Brussels Sprouts Salad with Almonds Haddock Fillet with Pickled Fennel Barley Pilaf Roasted Broccoli *****ALTERNATE***** Onion Sage Chicken Au Gratin Potatoes Grilled Radicchio with Fontina Bread or Roll with Butter Peach Pie	Zuppa Toscana Sesame Edamame Salad Steak Diane Delmonico Potatoes Seasoned Fresh Zucchini *****ALTERNATE***** Catch of the Day Noodles Romanoff Steamed Green Beans Bread or Roll with Butter Chocolate Milkshake Cake

approved 7/10/2026

Dietitian: Jon Williams Registered Dietitian

Jon Williams RD