



a program of Baruch Senior Ministries

<b>July 2024</b>	<b>Monday July 1<sup>st</sup></b>	<b>Tuesday July 2<sup>nd</sup></b>	<b>Wednesday July 3<sup>rd</sup></b>	<b>Thursday July 4<sup>th</sup></b>	<b>Friday July 5<sup>th</sup></b>	<b>Saturday July 6<sup>th</sup></b>	<b>Sunday July 7<sup>th</sup></b>
<b>BREAKFAST</b>	Sausage, Eggs, Toast, Fruit	Oatmeal, Toast, Fruit	Hashbrown, Eggs, Toast, Fruit	Scrambled Egg's, Toast, Fruit	Cereal, Toast, Fruit	Bacon, Eggs, Toast, Fruit	French Toast, Fruit
<b>LUNCH</b>	Baked Ham, Scalloped Potatoes, Broccoli	Goulash, Cornbread, Side Salad	Chicken & Rice Casserole, Cottage Cheese, Applesauce	Swedish Meatballs, Buttered Noodles, Corn	Baked Chicken, Roasted Potatoes, Peas	Lasagna, Side Salad	Pork Chops, Mashed Potatoes & Gravy, Roasted Carrots
<b>DINNER</b>	Old Fashioned Chicken Noodle Soup, French Bread	Chicken Tenders, French Fries, Baked Beans	Sloppy Joes, Macaroni Salad, Green Beans	Chicken Salad Sandwiches, Sweet Potatoes Applesauce	Tomato Soup, Grilled Cheese, Cucumber & Tomato Salad	Shepard's Pie, Cauliflower	Chicken Taco's, Spanish Rice
SNACK	JELLO	ICE CREAM	SNACK CAKES	COOKIES	YOGURT	FRUIT BARS	PUDDING
SNACK	PRETZELS	APPLES OR ORANGES	APPLESAUCE	BANANAS	POTATO CHIPS	SHERBERT	GRAPES

Menu is subject to change; corrections will be made on facility menu.



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<b>July 2024</b>	<b>Monday July 8<sup>th</sup></b>	<b>Tuesday July 9<sup>th</sup></b>	<b>Wednesday July 10<sup>th</sup></b>	<b>Thursday July 11<sup>th</sup></b>	<b>Friday July 12<sup>th</sup></b>	<b>Saturday July 13<sup>th</sup></b>	<b>Sunday July 14<sup>th</sup></b>
<b>BREAKFAST</b>	Sausage, Eggs, Toast, Fruit	Oatmeal, Toast, Fruit	Sausage, Egg & Cheese on a English Muffin	Cheese Omelet, Toast, Fruit	Cereal, Toast, Fruit	Bacon, Eggs, Toast, Fruit	Waffle, Fruit
<b>LUNCH</b>	Baked Cod, French Fries, Broccoli	Meatloaf, Scalloped, Potatoes, Green Beans	Beef Pot Roast, Mashed Potatoes & Gravy, Carrots	BBQ Chicken, Mac-N-Cheese, Cauliflower	Enchilada's, Side Salad	Beef Stir Fry, Rice, Spring Rolls	Smothered Chicken, Rice Pilaf, Roasted Carrots
<b>DINNER</b>	Beef Stew over Buttermilk Biscuits, Applesauce	Chicken & Rice Soup, French Bread	PIZZA!! PIZZA!! Side Salad	BLT'S, Hashbrowns, Applesauce	Toasted Tuna Salad Sandwiches, Sweet Potatoes, Peas	Turkey Melt, Tater Tots, Italian Blend Veggies	Cheeseburger Pie, Corn
SNACK	JELLO	ICE CREAM	SNACK CAKES	COOKIES	YOGURT	FRUIT BARS	PUDDING
SNACK	PRETZELS	APPLES OR ORANGES	APPLESAUCE	BANANAS	POTATO CHIPS	SHERBERT	GRAPES

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<b>July 2024</b>	<b>Monday July 15<sup>th</sup></b>	<b>Tuesday July 16<sup>th</sup></b>	<b>Wednesday July 17<sup>th</sup></b>	<b>Thursday July 18<sup>th</sup></b>	<b>Friday July 19<sup>th</sup></b>	<b>Saturday July 20<sup>th</sup></b>	<b>Sunday July 21<sup>st</sup></b>
<b>BREAKFAST</b>	Sausage, Eggs, Toast, Fruit	Oatmeal, Toast, Fruit	Scrambled Eggs, Toast, Fruit	Hashbrown, Eggs, Toast, Fruit	Cereal, Toast, Fruit	Bacon, Eggs, Toast, Fruit	Pancakes, Fruit
<b>LUNCH</b>	Cheesy Ham & Potato Casserole, Green Beans	Chicken Alfredo, Broccoli, Dinner Rolls	Grandma's Chicken Vegetable & Rice Bake, Applesauce	Stuff Green Peppers, French Bread	Beef Burritos, Cauliflower	Chicken Pot Pie, Side Salad	Swedish Meatballs, Buttered Noodles, Corn
<b>DINNER</b>	Grilled Swiss Cheese Sandwich, Sweet Potato Fries, Applesauce	Taco Bake, Side Salad	Cheddar Brats, Tater Tots, Baked Beans	King's Ranch Tortilla Casserole	Sloppy Joes, Potato Salad, Peas	Egg Salad Sandwiches, Butternut Squash, Applesauce	Sweet & Sour Chicken, Rice, Spring Rolls
<b>SNACK</b>	JELLO	ICE CREAM	SNACK CAKES	COOKIES	YOGURT	FRUIT BARS	PUDDING
<b>SNACK</b>	PRETZELS	APPLES OR ORANGES	APPLESAUCE	BANANAS	POTATO CHIPS	SHERBERT	GRAPES

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<b>July 2024</b>	<b>Monday July 22<sup>nd</sup></b>	<b>Tuesday July 23<sup>rd</sup></b>	<b>Wednesday July 24<sup>th</sup></b>	<b>Thursday July 25<sup>th</sup></b>	<b>Friday July 26<sup>th</sup></b>	<b>Saturday July 27<sup>th</sup></b>	<b>Sunday July 28<sup>th</sup></b>
<b>BREAKFAST</b>	Sausage, Eggs, Toast, Fruit	Oatmeal, Toast, Fruit	Scrambled Eggs, Toast, Fruit	Resident's Choice Cereal, Oatmeal, or Eggs	Cereal, Toast, Fruit	Bacon, Eggs, Toast, Fruit	French Toast, Fruit
<b>LUNCH</b>	Baked Cod, French Fries, Broccoli	Spaghetti with Meat Sauce, Garlic Sticks	Baked Chicken Tenderloins, Roasted Potatoes, Vegetable Blend	Pork Chops, Scalloped Potatoes, Cauliflower	Grilled Cheese, Tomato Soup, Applesauce	Beef Stroganoff, Butter Noodles, Green Beans	Roast Pork Tenderloin, Mashed Potatoes & Gravy, Corn
<b>DINNER</b>	Goulash, French Bread	Old Fashion Chicken Noodle Soup, Dinner Rolls, Salad	Sloppy Joes, Macaroni Salad, Baked Beans	Chicken & Rice Casserole, Side Salad	Philly Cheesesteak Bake, Cottage Cheese	Breaded Chicken Tenders, French Fries, California Blend	Cabbage Roll Casserole, Side Salad
SNACK	JELLO	ICE CREAM	SNACK CAKES	COOKIES	YOGURT	FRUIT BARS	PUDDING
SNACK	PRETZELS	APPLES OR ORANGES	APPLESAUCE	BANANAS	POTATO CHIPS	SHERBERT	GRAPES

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<b>July 2024</b>	<b>Monday July 29<sup>th</sup></b>	<b>Tuesday July 30<sup>th</sup></b>	<b>Wednesday July 31<sup>st</sup></b>	<b>Thursday August 1<sup>st</sup></b>	<b>Friday August 2<sup>nd</sup></b>	<b>Saturday August 3<sup>rd</sup></b>	<b>Sunday August 4<sup>th</sup></b>
<b>BREAKFAST</b>	Sausage, Eggs, Toast, Fruit	Oatmeal, Toast, Fruit	Scrambled Eggs, Toast, Fruit	Cheese Omelets, Toast, Fruit	Cereal, Toast, Fruit	Bacon, Eggs, Toast, Fruit	Waffles, Fruit
<b>LUNCH</b>	Baked Cod, French Fries, Broccoli	Spaghetti with Meat Sauce, Garlic Sticks	Baked Chicken Tenderloins, Roasted Potatoes, Vegetable Blend	Pork Chops, Scalloped Potatoes, Cauliflower	Grilled Cheese, Tomato Soup, Applesauce	Beef Stroganoff, Butter Noodles, Green Beans	Roast Pork Tenderloin, Mashed Potatoes & Gravy, Corn
<b>DINNER</b>	Goulash, French Bread	Old Fashion Chicken Noodle Soup, Dinner Rolls, Salad	Sloppy Joes, Macaroni Salad, Baked Beans	Chicken & Rice Casserole, Side Salad	Philly Cheesesteak Bake, Cottage Cheese	Breaded Chicken Tenders, French Fries, California Blend	Cabbage Roll Casserole, Side Salad
SNACK	JELLO	ICE CREAM	SNACK CAKES	COOKIES	YOGURT	FRUIT BARS	PUDDING
SNACK	PRETZELS	APPLES OR ORANGES	APPLESAUCE	BANANAS	POTATO CHIPS	SHERBERT	GRAPES

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