

GLSS July 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p><b>1</b></p> <p>Pier 17 fish/ dill sauce            Italian blend veg.            Lyonnaise potatoes            Rye bread            Chocolate Pudding/topping  <b>DB: Butterscotch</b></p> <p><b>ALT: Stuffed shell/tomato sauce</b>  <b>Italian blend veg.</b>  <b>ALT HDM: Extra sauce</b></p>	<p><b>2</b></p> <p><b>Hamburger/roll/cheese slice Ketchup</b>  <b>Warm potato salad</b>  <b>Corn</b>  <b>Watermelon</b>  <b>HDM: Cheese slice(cold pack)</b>  <b>ALT:</b>  <b>Grilled chicken roll</b>  <b>Warm potato salad</b>  <b>Corn</b></p>
<p><b>5</b></p> <p><b>HOLIDAY</b></p>	<p><b>6</b></p> <p>Pasticcio(mac,beef &amp; cheese)  <b>HDM: Extra sauce</b>            Roman blend veg.            Garlic roll            Chilled peaches</p> <p><b>ALT: Chicken tenders/ Sweet &amp; sour sauce,seasoned red bliss potato</b></p>	<p><b>7</b></p> <p>Tyson chicken/lemon Dijon sauce            Whipped potato            Glazed carrots</p> <p>HM white bread  <b>HDM: White bread</b>            Fresh fruit</p> <p><b>ALT: Liver/onions/gravy Whipped potato Glazed carrots</b></p>	<p><b>8</b></p> <p>Veg. soup/crax            Shaved roast beef/WW pita/mayo.</p> <p>Rice/tomato/black olive salad</p> <p><b>Alt HDM: Pineapple cole slaw</b>            Peanut butter cookie</p> <p><b>ALT:</b>  <b>Soup.egg salad,WW pita,rice/ tomato/ olive salad</b>  <b>ALT HDM: Pineapple cole slaw</b></p>	<p><b>9</b></p> <p>Stuffed pepper/sauce            Butternut squash            Wax beans            Pumpnickel bread            Chilled mixed fruit</p> <p><b>ALT:</b>  <b>Chicken marsala</b>  <b>Marsala sauce</b>  <b>Butternut squash</b>  <b>Wax beans</b></p>

<p><b>12</b></p> <p>Sausage/roll/mustard Peppers &amp; onions</p> <p>Homefries/ketchup Chilled applesauce</p> <p><b>ALT: Omelette/cheese sauce</b> <b>Peppers &amp; onions</b></p> <p><b>Homefries</b> <b>Ketchup</b></p>	<p><b>13</b></p> <p>Boneless chicken/cranberry glaze Herbed brown rice</p> <p>Peas &amp; mushrooms Oatmeal bread</p> <p>Mandarin oranges</p> <p><b>ALT: Salisbury steak/gravy</b></p> <p><b>Herbed brown rice</b></p> <p><b>Peas &amp; mushrooms</b></p>	<p><b>14</b></p> <p>Lasagna/meatsauce</p> <p>Spinach <b>HDM: Extra sauce</b> HM white bread <b>HDM: White bread</b> Jello Topping <b>Diet Jello</b></p> <p><b>ALT: Spanish chicken/rice &amp; black beans</b></p> <p><b>Spinach</b></p>	<p><b>15</b></p> <p>Swedish meatballs/ brown gravy</p> <p>Garlic whipped potatoes Beets</p> <p>Minimuffin(apple) Fresh fruit</p> <p><b>Alt:</b> <b>Potato crunch fish/sauce</b></p> <p><b>Garlic whipped potatoes</b></p> <p><b>Beets</b></p>	<p><b>16</b></p> <p>Italian garden soup/crax</p> <p>Sliced turkey/mayo. Greek pasta salad</p> <p><b>ALT HDM:Tomato/green pepper salad</b> Multigrain bread Birthday cake Frosting <b>DB: Plain cake</b></p> <p><b>ALT: Soup,chicken patty(cold)/mayo./roll</b> <b>Greek pasta salad</b></p> <p><b>ALT HDM: Tomato/green pepper salad</b></p>

<p><b>19</b></p> <p>Roast pork/gravy</p> <p>Baked potato/sour cream <b>HDM:Red bliss potato</b></p> <p>Country blend veg. Scali bread <b>Chilled peaches</b></p> <p><b>Alt: Chicken/citrus sauce</b> <b>Baked potato</b> <b>Sour cream</b> <b>HDM: Red bliss potato</b></p> <p><b>Country blend veg.</b></p>	<p><b>20</b></p> <p>Florentine soup/crax</p> <p>Tuna salad/WW bread Macaroni salad <b>HDM:</b> <b>Spinach mandarin orange salad</b> Mixed fruit</p> <p><b>Alt:</b></p> <p><b>Soup/crax,cold meatloaf sandwich</b> <b>Macaroni salad</b></p> <p><b>ALT HDM: Spinach mandarin orange salad</b></p>	<p><b>21</b></p> <p>Beef rib-b-que/BBq sauce</p> <p>Corn pudding Carrots HM white bread <b>HDM: White bread</b> Brownie</p> <p><b>DB: Diet brownie</b></p> <p><b>Alt:Chicken/garlic paprika Sauce</b></p> <p><b>Corn pudding</b></p> <p><b>Carrots</b></p>	<p><b>22</b></p> <p>Cream of broccoli soup/crax</p> <p>Tyson chicken/rosemary herb sauce Cheddar whipped potatoes Minimuffin(cranberry) <b>HDM:</b> <b>Roman blend veg.</b></p> <p>    Pudding</p> <p><b>ALT: Soup, Mushroom quiche</b></p> <p><b>Cheddar whipped potatoes</b></p> <p><b>HDM: Roman blend veg.</b></p>	<p><b>23</b></p> <p>Fiesta fish/salsa cheese sauce Scalloped potatoes Green beans/red pepper Rye bread Fresh fruit</p> <p><b>ALT: Spanish beef tips/yellow rice</b></p> <p><b>Scalloped potatoes</b> <b>Green beans/red pepper</b></p>
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<p><b>26</b></p> <p>Beef stir fry Steamed rice Oriental veg. Pumpnickel bread Chilled applesauce</p> <p><b>ALT:</b></p> <p><b>Spanish chicken, rice &amp; beans</b></p> <p><b>Oriental veg.</b></p>	<p><b>27</b></p> <p>Boneless chicken/pesto sauce Oven roasted potatoes Peas &amp; carrots Multigrain bread Chocolate cookie</p> <p><b>ALT:</b></p> <p><b>Breaded pork patty/gravy</b></p> <p><b>Oven roasted potatoes</b></p> <p><b>Peas &amp; carrots</b></p>	<p><b>28</b></p> <p>American chop suey Zucchini/red pepper <b>HDM:</b> <b>Extra sauce</b></p> <p><b>HM White bread</b> <b>HDM: White bread</b> Chilled pineapple</p> <p><b>ALT:</b> <b>Lemon pepper fish/dill sauce</b></p> <p><b>Whipped potato</b></p> <p><b>Zucchini/red pepper</b></p>	<p><b>29</b></p> <p>Roast turkey/gravy Sweet potato Italian green beans Biscuit Fresh fruit</p> <p><b>ALT:</b> <b>Beef strip steak/gravy</b></p> <p><b>Sweet potato</b></p> <p><b>Italian green beans</b></p>	<p><b>30</b></p> <p>Potato chowder/crax Ham salad/WW pita Purple cabbage coleslaw</p> <p><b>HDM: Potato salad(skin on)</b></p> <p>Jello</p> <p><b>ALT:</b></p> <p><b>Soup, California chicken Salad</b></p> <p><b>Purple cabbage coke slaw</b></p> <p><b>ALT HDM: Potato salad(skin on)</b></p>
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