

JULY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Baked chicken and macaroni salad	2 Meatball Sub with a bag of chips and fruit	3	4	5
6	7	8 Meatloaf with baked potato and veggie	9 Tuna & egg salad on a bed of greens with tomatoes, cucumbers and pita bread	10	11	12
13	14	15 Macaroni & cheese with ham and side salad	16 Taco Salad! Taco meat on bed of shredded lettuce, shredded cheddar,	17	18	19
20	21	22 Baked fish with baked potato and cole-slaw	23 Meatballs & Ziti with dinner salad and garlic bread	24	25	26
27	28	29 Roast pork with mashed potatoes and veggie	30 Chef's Salad: Lettuce, cucumbers, tomatoes, ham, cheese, boiled egg, sliced red onion.	31		