

LEGACY LINK MENU

JULY 2019



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1 Beef w/Pepper Onion Gravy Butter Beans Glazed Baby Carrots Dinner Roll Oatmeal Cookie Milk Margarine Diet - Graham Crackers ALT-Honey Baked Chicken</p>	<p>2 Chicken Patty Italian Green Beans Lettuce/Tomato Hamburger Bun Hot Spiced Apples Milk Mustard Mayonnaise Diet - Sliced Apples ALT-Hamburger Patty</p>	<p>3 <i>Independence Day Meal</i> BBQ Chicken Thigh Baked Beans Potato Salad Texas Bread Apple Crisp Milk Margarine Diet - Sliced Apples</p>	<p>4 <i>Closed For Holidays</i></p>	<p>5 Pork loin/Gravy Whipped Potatoes Turnip Greens Cornbread Fresh Banana Milk Margarine Vinegar Diet - Same ALT - Garlic Chicken</p>
<p>8 Cheesy Beef Macaroni Country Vegetables Harvard Beets Wheat Bread Sugar Cookie Milk Margarine Diet - Vanilla Wafers</p>	<p>9 Lemon Pepper Chicken Northern Beans Capri Vegetables Dinner Roll Fresh Fruit Milk Margarine Diet - Same ALT: Beef with Mushroom Gravy</p>	<p>10 Grilled Beef Fingers/Gravy Whipped Potatoes Mixed Greens Cornbread Fresh Fruit Milk Margarine Vinegar Diet - Same ALT - Chicken Strips/Gravy</p>	<p>11 Chicken Supreme Mashed Spiced Yams Broccoli Whole Grain Roll Fluffy Fruit Salad Milk Margarine Cranberry Sauce Diet - Fruit Cocktail</p>	<p>12 Sausage/Onions/ Peppers Baked Pinto Beans Coleslaw Hot Dog Bun Apple Cobbler Chocolate Milk Mustard Ketchup Diet - Apple Slices ALT - BBQ Meatballs</p>
<p>15 Meatloaf/Tomato Gravy Delmonico Potatoes Okra & Tomatoes Wheat Bread Chocolate Chip Cookie Milk Margarine Diet - Graham Crackers ALT - Honey Mustard Chicken</p>	<p>16 Orange Glazed Chicken Wild Rice Peas and Carrots Whole Grain Roll Citrus Gelatin Milk Margarine Diet - Gelatin ALT - Salisbury Steak</p>	<p>17 Macaroni and Cheese Black-eyed Peas Collard Greens Cornbread Fresh Fruit Milk Margarine Vinegar Diet - Same</p>	<p>18 Hamburger Patty Pinto Beans Potato Wedges Hamburger Bun Mixed Fruit Chocolate Milk Mustard Ketchup-2 Diet - Same ALT - Veggie Burger</p>	<p>19 Chicken Salad Pasta Salad Three Bean Salad Wheat Crackers Fresh Fruit Milk Diet - Same</p>
<p>22 Chicken Rice Casserole Whole Kernel Corn Sliced Carrots Whole Grain Roll Fudge Crème Cookie Milk Margarine Diet - Vanilla Wafers</p>	<p>23 Beef w/Mushroom Gravy Cheesy Whipped Potatoes Green Beans Cornbread Fresh Fruit Milk Margarine Diet - Same ALT - Baked Chicken</p>	<p>24 BBQ Rib Patty Pinto Beans Cabbage Hamburger Bun Fresh Fruit Chocolate Milk Diet - Same ALT - Chicken Patty</p>	<p>25 Oven Fried Chicken Field Peas Spring Vegetables Whole Grain Roll Strawberry Swirl Pudding Milk Margarine Diet - Vanilla Pudding ALT - Beef with Pepper Onion Gravy</p>	<p>26 Beef Spaghetti Casserole Mixed Vegetables Tossed Salad Texas Bread Peach Cobbler Milk Margarine Ranch Dressing Diet - Peaches</p>
<p>29 Beef w/Pepper Onion Gravy Butter Beans Glazed Baby Carrots Dinner Roll Oatmeal Cookie Milk Margarine Diet - Graham Crackers ALT-Honey Baked Chicken</p>	<p>30 Chicken Patty Italian Green Beans Lettuce/Tomato Hamburger Bun Hot Spiced Apples Milk Mustard Mayonnaise Diet - Sliced Apples ALT-Hamburger Patty</p>	<p>31 Sloppy Joe Meatball Mixed Beans Cabbage Hot Dog Bun Cherry Gelatin Chocolate Milk Margarine Diet - Gelatin ALT - BBQ Chicken Strips</p>		

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