

INGREDIENT LIST FOR JULY – 2021

**JULY 1 – CHICKEN POT PIE: CHICKEN, MIXED VEGS, GRAVY, PASTRY
TOPPER**

DINNER ROLL: FLOUR, YEAST, WATER

GELATIN: ARTIFICIAL FLAVORING, SUGAR SUB, WATER

JULY 2 – BAKED SPAGHETTI: BEEF, SPAG.SAUCE, PASTA, CHEESE

ITALIAN VEGETABLES: ZUCCHINI, CARROTS, LIMAS,

CAULIFLOWER, ITALIAN GREEN BEANS.

GARLIC ROLL: FLOUR, YEAST, WATER

TOSSED SALAD: LETTUCE, RED CABBAGE, CARROTS

**JULY 6 – SCALLOPED POTATOES: DEHY POTATOES, ONIONS, SUGAR,
MARGARINE, WATER, SEASONINGS**

DINNER ROLL: FLOUR, YEAST, WATER

JULY 7 - SWEDISH MEATBALLS: PORK, BEEF, WATER, DEHY ONIONS,

DEHY CELERY, VEG. OIL, GARLIC POWDER, MILK, SOY,

WHEAT, SOUR CREAM, FLOUR, BEEF BASE,

ONION POWDER

PASTA: FLOUR, EGGS

**THREE BEAN SALAD: KIDNEY BEANS, GREEN BEANS, WAX
BEANS, ITAL. DRESSING**

**JULY 8 - SWEET POTATO CASSEROLE: YAMS, MARGARINE,
MARSHMELLOWS**

FRUIT MUFFIN: BLUEBERRIES, SUGAR, MILK, FLOUR

DINNER ROLL: FLOUR, YEAST, WATER

JULY 9 - CREAMED CHIP BEEF: CHIPPED BEEF, CREAM SAUCE

BISCUIT: FLOUR, BUTTERMILK, SUGAR, MILK, CORNSTARCH

FROSTED CAKE: FLOUR, SUGAR, EGGS, MARG., MILK

JULY 12 – SWISS STEAK: BEEF, FLOUR, ONION POWDER,

CORNSTARCH, BROTH

PUDDING: COCOA, MILK, CORNSTARCH

DINNER ROLL: FLOUR, YEAST, WATER

JULY 13 – MASH.POTATOES: DEHY. POTATOES, WATER, MARGARINE

GRAVY: BROTH, WATER, ONION POWDER, FLOUR

POUND CAKE: FLOUR, SUGAR, EGGS, MARG., MILK

DINNER ROLL: FLOUR, YEAST, WATER

JULY 14 – CHILI: KIDNEY BEANS, TOMATOES, TOMATO JUICE, CHILI

POWDER, ONIONS

CHICKEN SALAD: CHIC., EGGS, ONION, RELISH, MAYO

TOSSED SALAD: LETTUCE, RED CABBAGE, CARROTS

JULY 15- MEATLOAF: GROUND BEEF, EGGS, CRACKER CRUMBS,

ONIONS

MASH POTATOES: DEHY POTATOES, WATER, MARGARINE

GRAVY: BROTH, WATER, ONION POWDER, FLOUR

PUDDING: VANILLA FLAVORING, MILK, CORNSTARCH

DINNER ROLL: FLOUR, YEAST, WATER

JULY 16 – STUFFED CABBAGE ROLL: BEEF, CABBAGE, RICE, ONIONS,

TOMATO SAUCE, BREADCRUMBS, CELERY, EGGS, MILK

OBRIEN POTATOES: POTATOES, BELL PEPPERS, ONIONS

FROSTED CAKE: FLOUR, SUGAR, EGGS, MARG., MILK

DINNER ROLL: FLOUR, YEAST, WATER

JULY 19 – HAMBURGER: GROUND BEEF

TATOR TOTS: POTATOES, VEG OIL

CAPRI BLEND VEGS: GREEN

JULY 20 – SALISBURY STEAK: BEEF, BELL PEPPERS, ONIONS

SCALLOPED POTATOES: DEHY POTATOES, ONIONS,

MARGARINE, MILK, SUGAR

CAKE: FLOUR, SUGAR, EGGS, MARG., MILK

DINNER ROLL: FLOUR, YEAST, WATER

JULY 21 – SAUSAGE GRAVY: SAUSAGE, WHITE SAUCE

BISCUIT: FLOUR, BUTTERMILK, SUGAR, MILK, CORNSTARCH

HASH BROWNS: POTATOES, VEG OIL

COFFEE CAKE: FLOUR, SUGAR, MARGARINE, EGGS, MILK,

CINNAMON POWDER

JULY 22 – SLOPPY JOE: GROUND BEEF, ONION, SUGAR, KETCHUP

FRIES: POTATOES, VEG OIL

JULY 23 – MASH POTATOES: DEHY POTATOES, WATER, MARGARINE

GRAVY: BROTH, ONION POWDER, FLOUR, WATER

COLE SLAW: CABBAGE, CARROTS, SLAW DRESSING

DINNER ROLL: FLOUR, YEAST, WATER

JULY 26 – BBQ RIBLETTE: PORK, BBQ SAUCE

FRIES: POTATOES, VEG OIL

SUCCOTASH: CORN, LIMAS

FRUIT MUFFIN: APPLES, SUGAR, MILK, CORNSTARCH

JULY 27 – SMOKED SAUSAGE: PORK, SEASONINGS

WHIP POTATOES: DEHY POTATOES, WATER, MARGARINE

SAUERKRAUT: CABBAGE

FRUIT CRISP: APPLES, SUGAR, MILK, FLOUR

JULY 28 – CHICKEN AND NOODLES: CHICKEN, FLOUR, EGGS, BROTH

WHIP POTATOES: DEHY POTATOES, WATER, MARGARINE

TOSSED SALAD: LETTUCE, RED CABBAGE, CARROTS

DINNER ROLL: FLOUR, YEAST, WATER

JULY 29 – HAM: PORK

AU GRATIN POTATOES: DEHY POTATOES, ONIONS, SUGAR,

MARG., WATER, CHEESE

DINNER ROLL: FLOUR, YEAST, WATER

PUDDING: COCOA, MILK, CORNSTARCH

JULY 30 – BREADED PORK PATTIE: PORK, BREADING, SEASONING

FRIES: POTATOES, VEG OIL

CINNAMON MUFFIN: SUGAR, MILK, CORNSTARCH,

CINNAMON POWDER