

FOR INGREDIENT LIST FOR JULY 2020 MENUS

- JULY - 1** **CHICKEN – CHICKEN, BREADING, VEG OIL**
PUDDING – CORNSTARCH, COCOA, MILK
DINNER ROLL – FLOUR, YEAST, WATER
- JULY 2** **BEEF STEW -BEEF, POTATOES, STEW VEGS, BEEF STOCK , FLOUR**
BISCUIT – FLOUR, BUTTERMILK, BAKING SODA, SKIM MILK
FRUIT MUFFIN – BLUEBERRIES, FLOUR, SUGAR, MILK, EGGS
- JULY 6** **HAMBURGER – GROUND BEEF**
HASH BROWNS – SHREDED POTATOES, VEG OIL
STEWED TOMATOES – TOM., SUGAR, ONIONS, PEPPERS, CELERY
- JULY 7** **MASHED POTATOES- DEHY. POTATOES, WATER**
GRAVY- FLOUR, ONION POWDER, PORK BASE, WATER
DINNER ROLL – FLOUR, YEAST, WATER
GRAHAM CRACKERS – FLOUR, HONEY, SOYBEAN OIL
- JULY 8** **BAKED STEAK IN GRAVY – BEEF, FLOUR, ONION POWDER, BEEF**
STOCK
MASHED POTATOES-DEHY. POTATOES, WATER
PICKLED BEETS – BEETS, WATER, SUGAR, CORN SYRUP, VINEGAR,
SPICES, SALT
MUFFIN – BLUEBERRIES, FLOUR, EGGS, SUGAR, MILK
DINNER ROLL – FLOUR, YEAST, WATER

- JULY 9** **STUFFED CABBAGE ROLLS – BEEF, BELL PEPPERS, RICE, ONIONS,
TOMATO SAUCE RICE, BREAD CRUMBS, CELERY, EGGS, MILK
SCALLOPED POTATOES – DEHY POTATOES, ONIONS, SUGR, WATER
VANILLA WAFERS – FLOUR, SUGAR, MILK, EGGS, BAKING SODA
DINNER ROLL – FLOUR, YEAST, WATER**
- JULY 13** **ITALIAN SAUSAGE W/SAUCE – PORK, WATER, SEA SALT, SPICES,
TURAL FLAVORS, TOMATO SAUCE, PEPPERS, ONIONS
FRENCH FRIES – POTATOES, VEG OIL**
- JULY 14** **CREAMED CHICKEN – DICED CHICKEN, FLOUR, CHICKEN BROTH,
PEPPERS, WATER
MASHED POTATOES- DEHY POTATOES, WATER
DINNER ROLL – FLOUR, YEAST, WATER**
- JULY 15** **BAKED SPAGHETTI – GROUND BEEF, SPAG.SAUCE, ONIONS, PASTA
(EGGS, FLOUR)
GARLIC ROLL – FLOUR, YEAST, WATER, GARLIC POWDER, MARG.**
- JULY 16** **SLOPPY JOES – BEEF, KETCHUP, ONIONS, SUGAR, WATER
CAPRI VEGS- GREEN BEANS, CARROTS, SQUASH, ZUCCHINI
PUDDING – COCOA, MILK, CORNSTARCH**
- JULY 20** **HAMBURGER - BEEF
MIXED VEGS – CORN, LIMAS, GR BEANS, CARROTS, POTATOES,
LIMAS**

JULY 21 **CHICKEN MARSALA - CHICKEN, MUSHROOMS, MUSHROOM SOUP,
CHICKEN STOCK, FLOUR, WATER
MASHED POTATOES- DEHY. POTATOES, WATER
CINNAMON MUFFIN – CINNAMON, FLOUR, EGGS, SUGAR, MILK
DINNER ROLL – FLOUR, YEAST, WATER**

JULY 22 **VEGETABLE SOUP – BEEF, TOMATO JUICE, BEEF STOCK, MIXED
VEGS, CABBAGE, WATER
PIMENTO CHEESE – CHEESE, MAYO, PIMENTOES, SUGAR
FRUIT MUFFIN – BLUEBERRIES, FLOUR, EGGS, SUGAR, MILK**

JULY 23 **ROAST PORK – PORK
MASHED POTATOES – DEHY POTATOES, WATER
DINNER ROLL – FLOUR, YEAST, WATER**

JULY 27 **BREADED PORK PATTY – PORK, BREAD CRUMBS, VEG OIL
ORIENTAL BLEND VEGS – BROCCOLI, ONIONS, PEPPERS, GR BEANS,
MUSHROOMS**

JULY 28 **HAM – PORK
SWEET POTATOES- YAMS
VANILLA WAFERS -FLOUR, SUGAR, MILK, EGGS, BAKING SODA
DINNER ROLL- FLOUR, YEAST, WATER**

**JULY 29 BREADED TURKEY BURGER – GR TURKEY, ONIONS, EGGS, BREAD
CRUMBS, VEG OIL**

HASH BROWN POTATOES- SHREDDED POTATOES, VEG OIL

JULY 30 CHICKEN DRUMSTICKS – CHICKEN, BREADING

MASHED POTATOES – DEHY POTATOES, WATER

MIX. VEGS – CORN, CARROTS, GR BEANS, POTATOES, LIMAS, PEAS

ANIMAL CRACKERS – FLOUR, SUGAR, OIL, BAKING SODA

DINNER ROLL-FLOUR, YEAST, WATER