



NSES July HDM



MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY**

Sidekim Foods Wishes everyone a Safe and Happy Independence Day

				1 Greek Mousaka with Sauce Roasted Potatoes Green Beans W/ Diced Tom. Pound Cake Rye Bread	2 Dilled Seafood Salad Field Greens Orzo Pasta Salad Fresh Seasonal Fruit Dressing Whole Wheat Hot Dog Roll
5	6 Baked Chicken with Supreme Sauce Roasted Yukon Potato Spring Vegetable Mix Chocolate Brownie Rye Bread	7 Stuffed Shells With Meat Sauce Brussels Sprouts Green Beans Berry Cup Vienna Bread	8 Shaved Roast Beef Red Potato Salad with Bacon Tomato Cucumber Salad Blueberry Crisp with topping LFMayo Soft Sandwich Roll	9 Turkey Medallions with Dijon Sauce Roasted Red Potatoes Steamed Broccoli Seasonal Fresh Fruit Cherry Snack n Loaf	
12 Salisbury Steak with Onion Gravy Whipped Golden Potato Fresh Carrots Chilled Peaches Whole Wheat Bread	13 Roast Pork Apple Gravy Roasted Red Potatoes PEI Blend Vegetables Van Pudding with Top. Db choc Rye Bread	14 Hazy Lazy Lobster Lobster Salad on a Bed of Lettuce & Tomato Pasta Salad & Cole Slaw Fresh Watermelon Finger Roll	15 Open Faced Turkey with Gravy Whipped Potato Sweet Peas Key Lime Pie -DB Bkd Apple Scali Bread	16 Southern Style Chix with BBQ Sauce Rice & Beans Collard Greens Seasonal Fresh Fruit Apple Cinnamon Muffin	
19 Cheese Lasagna with Meat Sauce Italian Style Green Beans Strawberry Pineapple Cup French Bread	20 Dijon Egg Salad Roasted Sweet Potato Salad Marinated Vegetable Salad Fresh Seasonal Fruit Rye Bread (2)	21 Chicken Pot Pie with Peas & Carrots Whipped Potato Puff Pastry Red Jell-O w/ Top db orange Whole Wheat Bread	22 Baked Meatloaf Country Gravy with Onions Scallop Potato Fresh Carrots Fresh Seasonal Fruit Cherry Snack n Loaf	23 Roasted Honey Pork with a Golden Raisin Sauce Confetti Pilaf Zucchini & Red Peppers Carrot Cake db baked apples Whole Wheat Roll	
26 Reduce Sodium Hot Dog Vegetarian Baked Beans Fresh Summer Squash Fresh Watermelon Mustard & Ketchup Brown Bread	27 Italian Style Meatballs with onions & Peppers Spaghetti Capri Blend Vegetables Mandarin Oranges Scali Bread	28 Grilled Chicken Sand Rice Florentine Salad Broccoli Slaw LF Mayo Fresh Seasonal Fruit Kaiser Roll	29 Country Style Beef Stew Loaded with Veggies Basil Whipped Potato Tapioca Pudding db. Vanilla Oatmeal Bread	30 Lime & Cilantro Baked Scrod w/ lemon wedge Roasted Potatoes Peas & Pearl Onions Marble Cake db. Angle food Whole Wheat Roll	