

### Summer Menu 3

July 14th - July 20th,2025

MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18	SATURDAY 19	SUNDAY 20
Toast Milk, Coffee, Juice Oatmeal, Cream Of Wheat Dry Cereal Yogurt Parfait Poached Eggs Prunes	Toast Milk, Coffee, Juice Oatmeal Dry Cereal Yogurt Parfait Fried Eggs Bacon Prunes	Toast Milk, Coffee, Juice Oatmeal, Sunny Boy Cereal Dry Cereal Yogurt Parfait Poached Eggs Prunes	Toast Milk, Coffee, Juice Oatmeal Dry Cereal Yogurt Parfait Waffles Prunes	Toast Milk, Coffee, Juice Oatmeal, Cream Of Wheat Dry Cereal Yogurt Parfait Scrambled Eggs Turkey Sausage Prunes	Toast Milk, Coffee, Juice Oatmeal Dry Cereal Yogurt Parfait Poached Eggs Prunes	Toast Milk, Coffee, Juice Oatmeal, Sunny Boy Cereal Dry Cereal Yogurt Parfait Hard Boiled Eggs Prunes
Cream of Mushroom (GF)	Vegetable Rice (GF-DF)	Chicken Vegetable (GF-DF)	Sauerkraut Soup (GF)	Potato Dill (GF-DF)	Mexican Turkey & Bean (GF-DF)	Tomato Soup (GF-DF)
Turkey Burger Honey Mustard, Lettuce Bread & Butter Pickles Sweet Potato Fries	Italian Sub Salami, Pepperoni, Red Onion Havarti, Olives, Sub Sauce, Lettuce Carrot & Celery Sticks w/ Ranch	"Mozza Burger" Salad Lettuce, Ground Beef, Onion Mozzarella, Tomato, Bacon Thousand Island Dressing	Baked Egg & Cheese Flatbread Ricotta, Feta, Naan, Egg, Mozzarella Side Salad	Loaded Hot Dog Cheese, Sauerkraut, Bacon Bits Potato Salad with Egg	Hot Roast Beef Sandwich Beef, Onion, Gravy French Fries	Grilled Cheese & Bacon Sandwich Creamy Macaroni Salad Mandarin Oranges
...or...		...or...	...or...	...or...	...or...	...or...
MKC Cold Plate	Egg Salad Sandwich	MKC Cold Plate	Salmon Salad Sandwich	MKC Cold Plate	Turkey Sandwich	MKC Cold Plate
Ice Cream	Cookie	Tapioca Pudding & Vanilla Wafer	Butter Tart	Puffed Wheat Cake	Fruit Cocktail	Nanaimo Bar
Beef Lasagna Garlic Breadstick Side Salad Gluten Free Pasta Available	Honey Mustard Chicken (GF-DF) Corn On The Cob Hashbrown Casserole	Sweet & Sour Braised Pork Roasted Asparagus Steamed New Potato Gluten Free Pork Available	Crispy Pepper Beef Steak (DF) Roasted Broccoli Vegetable Chow Mein Gluten Free Beef Available	Oven Baked Pickerel (GF-DF) Lemon Hollandaise Honey Dill Carrots Long Grain Rice	BBQ Chicken Drumsticks Buttered Green Peas Mashed Sweet Potato	House made Meatloaf (GF-DF) Yellow Beans Mashed Potato Beef Gravy
...or...	...or...	...or...	...or...	...or...	...or...	
Mediterranean Salad Red Onion, Cucumber, Tomato Feta, Olives, Artichokes, Egg Lemon Vinaigrette Garlic Breadstick	French Toast Fresh Strawberries Whip Cream	Spanish Style Frittata Potato, Cheese, Egg Side Caesar Salad	Toasted Bagel Cream Cheese Tomato & Cucumber Garlic Coil Slices	Veggie Quesadilla Caramelized Onion, Peppers, Cheese Sour Cream, Salsa	Strawberry Salad (GF) Lettuce, Red Onion, Strawberries Toasted Walnuts & Seeds, Cucumber Egg, Feta Cheese Balsamic Vinaigrette	
Roll, Tomato Juice	Roll, Tomato Juice	Roll, Tomato Juice	Roll, Tomato Juice	Roll, Tomato Juice	Roll, Tomato Juice	Roll, Tomato Juice
Chef's Choice	Banana Chocolate Chip Bread Pudding	Strawberry Shortcake	Peach Mango Crisp	Carrot Cake	Apple Crisp	Blueberry Pie

**GF = Gluten Free**

**DF = Dairy Free**

- **All Sandwiches Can Be Made GLUTEN FREE. Bring your bread in!!!**

- All Sandwiches Can Be Made GLUTEN FREE. Bring your bread in!!!
- Apples, oranges, and Bananas are available at each meal only as a dessert substitute.
- Menus may be changed due to product availability and shortages which are out of our control.