

# July 2022



Office Hours: 9am-1pm

Jenny Coppersmith  
Manager  
252-426-8309

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
Lunch is Served at 11:30am Milk is Served With Each Meal					Hotdog on Bun Baked Beans Baked Apples Pudding	

3	4	5	6	7	8	9
No Meals	Chicken Caesar Salad Cucumber & Tomato Salad Bread Peaches Pudding	BBQ Sandwich Coleslaw Buttered Potatoes Fresh Fruit	Turkey Sub w/ Cheese Broccoli Salad Pineapple Graham Crackers	Hamburger Steak w/Gravy Lima Beans Brown Rice Fresh Fruit Roll Brownie		
10	11	12	13	14	15	16
Sweet&Sour Chicken Green Beans Brown Rice Mixed Veggies Pineapple Apple Crisp	Chicken Salad Pickled Beets Pasta Salad Orange Juice Cake Crackers	Pork Chop Succotash Potatoes Au Gratin Corn Bread Strawberries Cookie	Chef Salad w/Ham & Cheese Potato Salad Pita Bread Jello Orange Juice	Baked Turkey Breast w/Rice Peas Baked Apples Roll Pudding		
17	18	19	20	21	22	23
Spaghetti w/ Meat Sauce California Blend Fresh Fruit Garlic Bread Pudding	Tuna Salad Three Bean Salad Macaroni Salad Orange Juice Cookies Crackers	Meat Loaf Lima Beans Brown Rice Fresh Fruit Roll Brownie	Ham Sub w/Cheese Marinated Cucumbers&Onions Pineapple Graham Crackers	Chicken Breast w/Gravy Broccoli & Rice Casserole Fresh Fruit Bread Cake		
24	25	26	27	28	29	30
Lasagna w/beef California Blend Corn Garlic Bread Orange Juice	Chief Salad w/Turkey&Cheese Strawberries Macaroni Salad Cookie Crackers	BBQ Chicken Leg Fresh Fruit Peas Mac&Cheese Corn Muffin	Chicken Salad Pickled Beets Pasta Salad Orange Juice Cake Crackers	Hotdog w/Bun Baked Beans Baked Apples Pudding		

Donations Are Needed, Accepted and Appreciated!