## **Dignity Health Connected Living** Menu

July-Se<mark>ptembe</mark>r 2024

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Monday	Tuesday	Wednesday	Thursday	Friday
7/1, 8/5, 9/9	7/2, 8/6, 9/10	7/3 (Special), 8/7, 9/11	7/4 (Closed), 8/8, 9/12	7/5, 8/9, 9/13 (Special)
Beef Patty w/ French	Chicken Thigh	Meatloaf w/ Gravy	Oven Fried Chicken Breast	Cheese Tortellini
Onion & Mushroom Sauce	w/ Dill Sauce	Garlic Whipped Potatoes	w/ Lemon Apricot Sauce	w/ Marinara
Whipped Potatoes	Broccoli	*Peas, Carrots, Mushrooms	*California Vegetable Blend	*Spinach
Whole Wheat Bread	Stewed Tomatoes	Whole Wheat Roll	Whole Grain Penne Pasta	Whole Grain Breadstick
Pineapple Tidbits	Brown Rice	Fresh Banana	Fresh Banana	<u>Applesauce</u>
Milk	Fresh Orange	Milk	Milk	Milk
Margarine	Milk	Margarine		
				122
7/8, 8/12, 9/16	7/9, 8/13, 9/17	7/10, 8/14, 9/18	7/11, 8/15, 9/19	<b>7/12, 8/16, 9/20</b>
Baked Beef Meatballs	Breaded Chicken Cacciatore	Beef Patty	Chicken Breast	Sliced Turkey
New! w/ Honey Ginger Glaze	*4-Way Vegetable Blend	w/ Gravy and Vegetables	New! w/ Tarragon Sauce	& Swiss Cheese Sandwich
*Spinach	Whole Grain Rotini Pasta	Whipped Potatoes	Rosemary Red Potatoes	w/ *Spinach
Brown Rice	Fresh Orange	Whole Wheat Bread	Brussels Sprouts	Cilantro Coleslaw
<u>Tropical Fruit</u>	Milk	Hot Cinnamon Applesauce	Whole Wheat Roll	Whole Wheat Bread (2)
Milk		Milk	Fresh Banana	Mandarin Orange & Pineapple
		Margarine	Milk	Milk
			Margarine	Mayonnaise & Mustard
7/15, 8/19, 9/23	7/16, 8/20, 9/24	7/17, 8/21, 9/25	7/18, 8/22, 9/26	<b>/</b> 7/19, 8/23, 9/27
Swiss Steak	Zesty Baja Salad	Creole Steak	Oven Fried Chicken Florentine	Turkey Breast w/ Gravy
Whipped Potatoes	Coleslaw	Whipped Potatoes	w/ Cream & Spinach Sauce	Whipped Potatoes
*Sliced Carrots	Whole Grain Tortilla Chips	Cauliflower & Peas	*Mixed Vegetable Blend	*California Vegetable Blend
Whole Wheat Bread	Fresh Orange	Multi-Grain Bread	Whole Grain Penne Pasta	Whole Wheat Stuffing
Pears	Milk	Fresh Banana	Mandarin Orange & Pineapple	Fresh Banana
Milk		Milk	Milk	Milk
Margarine		Margarine		
7/22, 8/26, 9/30	7/23, 8/27, 10/1	7/24, 8/28, 10/2	7/25, 8/29, 10/3	7/26, 8/30, 10/4
Oven Fried Chicken Thigh	Salisbury Steak	Meatball Sub	Chicken Breast	Italian Chicken Pasta Salad
w/ Creamy Tomato Sauce	w/ Onion Gravy	w/ Marinara Sauce	w/ Teriyaki Sauce	w/ *Spinach
w/ Creamy Tomato Sauce w/ Parmesan Cheese	w/ Onion Gravy Garlic Whipped Potatoes	w/ Marinara Sauce Mozzarella Cheese	w/ Teriyaki Sauce *Sliced Carrots	w/ *Spinach Whole Wheat Roll
w/ Creamy Tomato Sauce w/ Parmesan Cheese Cauliflower & Broccoli	w/ Onion Gravy Garlic Whipped Potatoes *Peas & Carrots	w/ Marinara Sauce Mozzarella Cheese California Vegetable Blend	w/ Teriyaki Sauce *Sliced Carrots <u>Asian Coleslaw</u>	w/ *Spinach Whole Wheat Roll <u>Tropical Fruit</u>
w/ Creamy Tomato Sauce w/ Parmesan Cheese <u>Cauliflower &amp; Broccoli</u> Whole Grain Penne Pasta	w/ Onion Gravy Garlic Whipped Potatoes *Peas & Carrots Whole Grain Breadstick	w/ Marinara Sauce Mozzarella Cheese <u>California Vegetable Blend</u> Whole Wheat Hot Dog Bun	w/ Teriyaki Sauce *Sliced Carrots <u>Asian Coleslaw</u> Brown Rice	w/ *Spinach Whole Wheat Roll <u>Tropical Fruit</u> Milk
w/ Creamy Tomato Sauce w/ Parmesan Cheese <u>Cauliflower &amp; Broccoli</u> Whole Grain Penne Pasta Pineapple Tidbits	w/ Onion Gravy Garlic Whipped Potatoes *Peas & Carrots Whole Grain Breadstick Fresh Orange	w/ Marinara Sauce Mozzarella Cheese <u>California Vegetable Blend</u> Whole Wheat Hot Dog Bun Applesauce	w/ Teriyaki Sauce *Sliced Carrots <u>Asian Coleslaw</u> Brown Rice Fresh Banana	w/ *Spinach Whole Wheat Roll <u>Tropical Fruit</u>
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w/ Creamy Tomato Sauce w/ Parmesan Cheese Cauliflower & Broccoli Whole Grain Penne Pasta Pineapple Tidbits Milk 7/29, 9/2 (Closed)	w/ Onion Gravy Garlic Whipped Potatoes *Peas & Carrots Whole Grain Breadstick Fresh Orange Milk  7/30, 9/3	w/ Marinara Sauce Mozzarella Cheese California Vegetable Blend Whole Wheat Hot Dog Bun Applesauce Milk 7/31, 9/4	w/ Teriyaki Sauce *Sliced Carrots <u>Asian Coleslaw</u> Brown Rice Fresh Banana Milk  8/1, 9/5	w/*Spinach Whole Wheat Roll Tropical Fruit Milk Margarine
w/ Creamy Tomato Sauce w/ Parmesan Cheese Cauliflower & Broccoli Whole Grain Penne Pasta Pineapple Tidbits Milk  7/29, 9/2 (Closed) Honey Mustard Chicken	w/ Onion Gravy Garlic Whipped Potatoes *Peas & Carrots Whole Grain Breadstick Fresh Orange Milk  7/30, 9/3 Smothered Meatballs	w/ Marinara Sauce Mozzarella Cheese California Vegetable Blend Whole Wheat Hot Dog Bun Applesauce Milk 7/31, 9/4 Omelet	w/ Teriyaki Sauce  *Sliced Carrots <u>Asian Coleslaw</u> Brown Rice  Fresh Banana  Milk  8/1, 9/5  Oven Fried Chicken Thigh	w/*Spinach Whole Wheat Roll Tropical Fruit Milk Margarine  8/2, 9/6 Breaded Chicken Cordon Bleu
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w/ Creamy Tomato Sauce w/ Parmesan Cheese Cauliflower & Broccoli Whole Grain Penne Pasta Pineapple Tidbits Milk  7/29, 9/2 (Closed) Honey Mustard Chicken *4-Way Vegetable Blend Brown Rice Florentine	w/ Onion Gravy Garlic Whipped Potatoes *Peas & Carrots Whole Grain Breadstick Fresh Orange Milk  7/30, 9/3 Smothered Meatballs Whipped Potatoes *Spinach	w/ Marinara Sauce Mozzarella Cheese California Vegetable Blend Whole Wheat Hot Dog Bun Applesauce Milk  7/31, 9/4 Omelet w/ Shredded Cheese and Salsa	w/ Teriyaki Sauce  *Sliced Carrots  Asian Coleslaw  Brown Rice  Fresh Banana  Milk  8/1, 9/5  Oven Fried Chicken Thigh  New! w/ Lemon Caper Sauce  *Herbed Carrots	w/*Spinach Whole Wheat Roll Tropical Fruit Milk Margarine  8/2, 9/6 Breaded Chicken Cordon Bleu Green Beans w/ Red Pepper Whole Grain Penne Pasta
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