

Sunflower Terrace Lunch Menu

July 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
6/29 Pot Roast w/mashed Potatoes and gravy Green beans/hot roll Sheet cake	6/30 Chicken/rice casserole Brussel Sprouts Breadstick Ice cream bar	1 Stuffed chicken breast Rice Pilaf Roasted vegetable Cherry pie	2 Tater Tot Casserole Mixed Veggies Roll Cherry fluff	3 Chicken/vegetables On a biscuit Glazed carrots Assorted bars	4 Tilapia w/ mango salsa Roasted potato Corn Fruit crisp	5 Spaghetti w/ meatballs Breadstick Squash Pudding
6 Baked Ham Mac n Cheese Carrots/roll Honey Bun cake	7 Swedish Meatballs Dilled Potatoes Broccoli Cookie	8 Marinated Chicken w/mushroom gravy Mashed potatoes/roasted cauliflower/	9 Swiss Steak Mashed Potatoes Peas Apricots	10 Beef n Noodles over Mashed potatoes Green beans Fruit cobbler	11 Lasagna Mixed Veggies Garlic Bread Cheesecake	12 Corn Dog Baked Beans Green Bean Casserole Black Forest Cake
13 Chicken Cordon Bleu Mashed Potatoes/gravy Steamed Broccoli	14 Chicken Fried Steak Mashed Potatoes/gravy Green Beans	15 Bierock Casserole Sauteed Spinach Strawberry Shortcake	16 Meatloaf Roasted Potato Mixed veggies Sugar Cookie	17 Italian Pork Chops Scalloped Potatoes Green Beans Cake	18 Salmon Patties Pub chips Broccoli/Cauliflower salad	19 Chicken Fajitas Lettuce/Tomato Sour cream/salsa Refried Beans
20 Roasted Turkey w/dressing Broccoli Lemon meringue	21 Sweet/Sour Chicken Rice Oriental Veggies Roll	22 Abraham Pie Green Beans Roll Brownie	23 Meatloaf Grilled Potato Carrots/roll Pecan Pie	24 Ham Steak w/ pineapple Roasted sweet potatoes	25 Grilled Pork Chops Au Gratin Potatoes Fried Cabbage Roll	26 Beef Burrito With lettuce/tomato Rice Refried Beans
27 Pot Roast w/mashed Potatoes and gravy Green beans/hot roll Sheet cake	28 Chicken/rice casserole Brussel Sprouts Breadstick Ice cream bar	29 Stuffed chicken breast Rice Pilaf Roasted vegetable Cherry pie	30 Tater Tot Casserole Mixed Veggies Roll Cherry fluff	31 Chicken/vegetables On a biscuit Glazed carrots Assorted bars	8/1 Tilapia w/ mango salsa Roasted potato Corn Fruit crisp	8/2 Spaghetti w/ meatballs Breadstick Squash Pudding

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
6/29 Hamburger/ Cheeseburger Fries/Onion rings Lettuce/tomato slices	6/30 Vegetable Beef Soup Texas Toast Celery Sticks Apricots	1 Pulled Pork Sand- wich Sweet Potato Fries Cottage Cheese	2 Italian Chicken Sand- wich Tater Tots Jello w/fruit	3 Cheeseburger Soup Breadstick Jello Salad Cookie	4 Ham/Pimento Sand- wich Potato Casserole Italian Blend Veggies	5 Stuffed Cabbage Roll Rice Biscuit w/jelly Pears
6 Potato Soup Texas Toast Salad Peaches & Cream	7 Hamburger/ Cheeseburger Lettuce/Tomato Onion rings/French	8 Lobster Bisque- Italian Sliders Fried Green Beans Ice Cream	9 Chicken Quesadilla w/lettuce & tomato Pinto Beans Fried Tortillas w/	10 Fried Chicken Potato Salad Glazed Carrots Ice Cream Bar	11 Fish Sandwich on Bun Coleslaw French fries	12 Hot Beef & cheddar Carrot/Celery sticks French fries Cookie
13 Ham and Bean Soup Corn bread Peaches Ice Cream	14 Grilled Club Sand- wich Chips Corn	15 Apple Pecan Salad Garlic Bread Cottage Cheese Fruit Pie	16 Split Pea/Sausage Soup Roll Fruit	17 Biscuits w/ homemade Gravy Hashbrown Fresh Fruit	18 BBQ Chicken Sand- wich Carrot Sticks Fries	19 Pizza Slice Salad Ice cream sand- wich
20 Pancake Sausage patty Hash browns Fruit	21 Chicken Fried Steak Mashed potatoes w/ Gravy Asparagus	22 Cuban Sandwich Cottage Cheese Cauliflower au gratin Apple Brown Betty	23 Grilled chicken Chopped salad Garlic Bread Pickled Beets Pudding	24 Chili Cornbread Peas n Carrots Pumpkin Pie	25 Crab Cakes Creamed potatoes And peas Jello w/fruit	26 Chicken Corn Chowder Grilled Cheese Broccoli/ cauliflower salad Cookie
27 Sloppy Joes Roasted Zucchini Mac n Cheese Fresh fruit	28 Chicken Taco Salad Sour cream/salsa Pinto Beans Lemon Pie	29 Tuna Salad Sandwich Pickle Spear Roasted Veggies Peach slices	30 Grilled Cheese Tomato Soup Carrot/Celery Sticks Melon Slice	31 Beef Stew Biscuit Biscuit w/ butter & jelly Jello Salad	8/1 Slow Cooker Chicken Sliders Pasta Salad Tomato Salad	8/2 Chipped Beef on Toast Roasted Sweet Potato Mixed Veggies