

**BREAKFAST: 6:30 – 10 a.m.**  
**LUNCH: 11 a.m. – 2 p.m.**  
**CLOSED: 2 – 3 p.m.**

**GRILL ONLY: 3 – 4 p.m.**  
**DINNER: 4 – 7 p.m.**  
**GRILL ONLY: 7 – 9 p.m.**

(Items are subject to change.)

<b>Monday, July 15</b>	<b>Tuesday, July 16</b>	<b>Wednesday, July 17</b>
<p><b>Featured:</b> <b>Pan Seared Italian Chicken Breast</b> Meatloaf w/ Red Sauce Fish Tacos <i>Smoked Red Pepper Gouda</i></p> <p><b>Sides:</b> Risotto Rice Green Beans Mashed Potatoes <b>Bermuda Blend</b> Mixed Beans Bread Pudding</p>	<p><b>Featured:</b> Liver &amp; Onions Fried Shrimp w/ Hushpuppies Chicken/Beef Bowl <i>Vegetable Soup</i></p> <p><b>Sides:</b> Sautéed Mushrooms Green Beans Mashed Potatoes Fried Onion Petals <b>Sicilian Blend</b> <i>Blackberry Cobbler</i></p>	<p><b>Featured:</b> Orange Chicken over Rice Roast Beef w/ Vegetables Turkey Cucumber Ranch Wrap <i>Chicken &amp; Wild Rice Soup</i></p> <p><b>Sides:</b> <i>Green Beans</i> <b>Cut Corn</b> <i>Lima Beans</i> <i>Egg Rolls</i> <i>Stir Fry Veggies</i> <i>Apple Cobbler</i></p>
<b>Thursday, July 18</b>	<b>Friday, July 19</b>	<b>Saturday, July 20</b>
<p><b>Featured:</b> <b>Crunchy Baked Cod</b> BBQ Ribs Taco Salad <i>Cream of Broccoli Soup</i></p> <p><b>Sides:</b> Ranch Potatoes Baked Beans Macaroni &amp; Cheese <b>Malibu Blend</b> Fried Green Tomatoes <i>Peach Cobbler</i></p>	<p><b>Featured:</b> <b>Mojito Lime Chicken Breast</b> 5 Cheese Lasagna Fish Sandwich <i>Potato Soup</i></p> <p><b>Sides:</b> Mexican Rice Jalapeno Poppers <b>Black Beans</b> <b>Roasted Broccoli</b> Green Beans Strawberry Cobbler</p>	<p><b>Featured:</b> Stuffed Cabbage Chicken Tetrazinni <i>Chicken &amp; Sausage Gumbo</i></p> <p><b>Sides:</b> Mashed Potatoes <b>Sicilian Blend</b> Fried Cheese Sticks Green Beans <i>Blackberry Cobbler</i></p>
<b>Sunday, July 21</b>	<b>Served Every Day:</b>	<b>Healthy Tips:</b>
<p><b>Featured:</b> Fried Pork Chops Meatloaf w/ Brown Gravy <i>Vegetable Beef Soup</i></p> <p><b>Sides:</b> Mashed Potatoes <b>Turnip Green</b> Green Beans Cut Corn <i>Apple Cobbler</i></p>	<p>Breakfast Daily Hamburgers Cheeseburgers <b>Hot Ham &amp; Cheese</b> <b>Hot Turkey Sandwich</b> Fish Sandwich <b>Chicken Salad</b> <b>Sandwich</b> <b>Tuna Salad Sandwich</b> Pimento Cheese Bologna Sandwich <b>Grilled Chicken</b> <b>Veggie Burgers</b></p> <p><b>Cold Ham or Turkey Sandwich</b> <b>Salad Bar</b> Soup of the Day Assorted Desserts Cobbler of the Day French Fries Onion Rings Chicken Fingers <b>Yogurt Shooters</b> <b>Baked Potato</b> <b>Baked Sweet Potato</b></p>	<p><b>Items in red are healthier choices.</b> <b>July is Blueberry Month!</b> Blueberries are just 80 calories per cup and loaded with antioxidants. Blueberries are low in fat and high in fiber; a high fiber diet helps lower the amount of cholesterol in blood and lowers the risk of heart disease. Try a blueberry parfait: vanilla yogurt topped with blueberries from the salad bar and sprinkled with granola or chopped nuts.</p>

