F.W. HUSTON MEDICAL CENTER

C.H.A.M.P.S.S. Lunch Menu

JULY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				Resident's Choice (2 oz Pro/2 Grain/1 Veg/1 Frt) Milk/Beverage	Catch of the Day French Fries Roasted Baby Carrots & Onions Cherry Pie Hush Puppies Ketchup & Tartar Sauce Beverage	Sausage Cuts with Sauteed Onions & Peppers Fried Potatoes Mixed Vegetable Blueberry Cobbler Garlic Bread Beverage
4	5	6	7	8	9	10
Pull Pork on a Bun Baked Beans Marinated Slaw Cookie Beverage	Baked Chicken Buttered Corn Broccoli & Cauliflower Fruit Crumble Bread/Margarine Beverage	Beef & Broccoli Stir Fry Steamed Rice Oriental Vegetables Mandarin Orange Cake Vegetable Egg Roll Beverage	Spaghetti w/meat sauce Italian Blend Vegetables Tossed Salad/Dressing Brownie Garlic Bread Beverage	Roast Turkey & Gravy Herb Stuffing Buttered Carrots Fresh Fruit Cup Dinner Roll/Margarine Beverage	BBQ Hamburger on Bun Relish Plate French Fries Ketchup/Mayo/Mustard Strawberry Shortcake Beverage	Beef Tips in Gravy Buttered Egg Noodles Five Way Mixed Vegetables Peach Cake Bread/Margarine Beverage
11	12	13	14	15	16	17
Fried Chicken Mashed Potatoes & Gravy Green Bean Casserole Strawberry Cream Pie Bread/Margarine Beverage	Salisbury Steak/Gravy Parslied Buttered Noodles Buttered Corn Fruited Gelatin Bread/Margarine Beverage	Baked Ham Scalloped Potatoes Roasted Zucchini Banana Cake with Cream Cheese Frosting Cornbread/Margarine Beverage	Chicken Paprikash Hashbrown Casserole Carrots Jell-O Cake w/Whipped Topping Garlic Bread Beverage	Roast Pork Gravy Cornbread Stuffing Broccoli Cherry Crisp Dinner Roll/Margarine Beverage	Oven Fried Fish Rice & Ozo Piilaf Stewed Tomatoes Assorted Fruits Bread/Margarine Beverage	Ravioli with Marinara Seasoned Italian Blend Vegetables Mandarin Oranges & Bananas Bread Stick Beverage
18	19	20	21	22	23	24
Roast Turkey & Gravy Glazed Sweet Potatoes Buttered Cauliflower Frosted Marble Cake Dinner Roll/Margarine Beverage	Peachy Pork Chop Baked Potato with Sour Cream Broccoli Caramel Brownie Cornbread/Margarine Beverage	Swiss Steak Party Potatoes Roasted Brussel Sprouts Fruit Crumble Bread/Margarine Beverage	Chicken Jambalaya Buttered Carrots Spinach Salad Pie Dinner Roll/Margarine Beverage	Resident's Choice (3 oz Pro/2 Grain/1 Veg/1 Frt) Beverage	Salisbury Steak w/Gravy Macaroni & Cheese Cucumber & Tomato Bread/Margarine Cheesecake Beverage	Baked Chicken & Mushrooms Mashed Potatoes & Gravy Garlic Green Beans Bread/Margarine Strawberries with Beverage
25	26	27	28	29	30	31
Smothered Pork Mashed Sweet Potatoes Spinach & Mushrooms Pie of the Day Dinner Roll/Margarine Beverage	Beef & Cheese Baked Spaghetti Buttered Italian Blend Pear Crisp Garlic Bread Beverage	Country Ham Slice Herb Stuffing Buttered Carrots Roasted Brussel Sprouts Texas Sheet Cake Cornbread/Margarine Beverage	Marinated Chicken Broccoli & Cheese Pasta Salad Orange Pineapple Cup Garlic Bread Beverage	Meatloaf Gravy Mashed Potatoes Country Green Beans Lemon Bar Bread/Margarine Beverage	Chicken Fried Chicken Loaded Mashed Corn Bread/Margarine Chocolate Chip Cake Beverage	Ham & Potato Au Gratin Buttered Peas Banana Cream Pie Cornbread/Margarine Beverage

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C.H.A.M.P.S.S. Dinner Menu

JULY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Tomato Soup Crackers California Cobb Salad Sugar Cookies Bread Stick/Margarine Milk/Beverage	2 Grilled Ham & Cheese Sandwich Potato Chips Pickled Beets Cinnamon Apple Slices Milk/Beverage	3 Quiche Lorraine Roasted Carrots Sherbet Dinner Roll/Margarine Milk/Beverage
4 Sloppy Joe on Bun Tater Tots Roasted Zucchini Pears Milk/Beverage	5 Bologna & Cheese Sandwich Potato Chips Diced Tomato Salad Watermelon Ketchup/Mayo/Mustard Milk/Beverage	6 Tuna Melt Green Beans Macaroni Salad Mixed Fruit Cup Milk/Beverage	7 Bean Soup Grilled Chicken Breast over Salad Ambrosia Bread Stick Milk/Beverage	8 Resident's Choice (3 oz Pro/1 Grain/1 Veg)	9 Nacho Chicken Bake Pinto Beans Fruit Yogurt Dessert (FR) Bread/Margarine Milk/Beverage	10 Ham & Beans Fried Potatoes Spinach & Onion (A) Mandarin Oranges & Pineapple Cornbread/Margarine Beverage
11 BBQ Pulled Pork on Bun Baked Beans Marinated Cucumbers & Fresh Fruit Cup Milk/Beverage	12 Homemade Vegetable Soup Turkey & Cheese Sandwich Lettuce Leaf & Tomato Mayonnaise/Mustard Marinated Slaw No Bake Cookies Milk/Beverage	13 Tuna Patty w/Lemon Dill Sauce Parmesan Pasta Green Peas with Sauteed Rosy Pineapple Bread/Margarine Milk/Beverage	14 Shepherds Pie Tossed Salad/Dressing Cinnamon Sugar Blondie Biscuit/Margarine Milk/Beverage	15 Resident's Choice (3 oz Pro/2 Grain/1 Veg/1 Frt) Milk/Beverage	16 Ham Salad Sandwich Potato Chips Green Pea Salad Apple Crumble Milk/Beverage	17 Country Fried Steak Cream Gravy Mashed Potatoes Green Beans with Lemon Cream Pie Biscuit/Margarine Milk/Beverage
18 BBQ Beef German Potato Salad Five Way Mixed Vegetables Pineapple Crisp Bread/Margarine Milk/Beverage	19 Chicken Tenders Dipping Sauce French Fries Buttered Peas Angel Food Cake w/Fruit Bread/Margarine Milk/Beverage	20 Tuna Noodle Casserole Ranch Vegetable Salad Vanilla Pudding Dinner Roll/Margarine Milk/Beverage	21 Egg Salad on Croissant Potato Chips Creamy Cole Slaw Fruited Gelatin Milk/Beverage	22 BBQ Riblette on Bun Tater Tots Three Bean Salad Gooey Butter Cookies Ketchup Milk/Beverage	23 Homemade Potato Soup Chef's Salad Mixed Fruit Cup Bread Stick Milk/Beverage	24 Philly Cheesesteak w/Grilled Peppers/Onions Roasted Redskin Potatoes Marinated Tomato Salad Jell-O Cake w/Whipped Milk/Beverage
25 Turkey Pot Pie with Side Salad w/Dressing Snickerdoodles Milk/Beverage	26 Breaded Fish Sandwich Ketchup & Tartar Sauce French Fries Vegetable Medley Whipped Gelatin Milk/Beverage	27 Cook's Choice Egg Breakfast Hash Brown Stewed Tomatoes Cinnamon Roll Milk/Beverage	28 Pulled Pork on Bun Baked Beans Creamy Cole Slaw Sherbet Milk/Beverage	29 RESIDENT'S CHOICE Milk/Beverage	30 Deep Dish Piozza Italian Tossed Salad Fresh Fruit Cup Bread Stick/Margarine Milk/Beverage	31 Chicken Bubble Vegetable Blend Tossed Salad/Dressing Peanut Butter Cookies Milk/Beverage