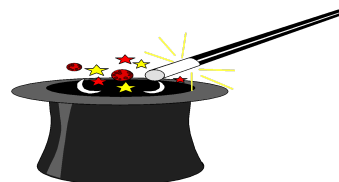


# Meal Magic

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This is your suggested menu for July. Please choose a total of 30 meals. You may change vegetables or potatoes to suit your preferences.

**JULY**      CHOOSE: Regular Salt/ Low Salt / No Salt / Extra Soft / Diabetic

- 3 or 6      Boneless Chicken Breast Strips. Would you like gravy? YES or NO  
Mashed Potatoes  
Carrot choice: Brown Sugar OR Plain
- 3 or 6      Salmon Fillet  
Baby baked potatoes (these are not low salt).  
Could substitute. \_\_\_\_\_  
Mixed Vegetables
- 3 or 6      Cheese and Sausage Strata (an egg casserole)  
Tater tots  
Stewed Apples OR Applesauce Sweetened OR Unsweetened
- 3 or 6      Broccoli Cheese Soup  
Tomato and Herb Focaccia Roll with Roast Beef
- 3 or 6      Brats with Bun    Sauerkraut? YES or NO  
Baked Beans OR French Fries  
Frozen Corn OR canned OR creamed
- 3 or 6      Chicken Penne Pasta (*pasta, chicken, mushrooms, roasted sweet red pepper sauce,*) This is not spicy.  
Peas: Frozen or Canned
- 3 or 6      Steak Burger with a Bun  
Colby Jack Cheesy Rice or Plain Rice  
Sugar Snap Peas
- 3 or 6      Catherine's Chicken Salad WITH or WITHOUT Almonds  
Frozen Fruit Cup