

# July - Dinner

| <i>Sun</i>  | <i>Mon</i>  | <i>Tue</i>  | <i>Wed</i>   | <i>Thu</i>   | <i>Fri</i>  | <i>Sat</i>  |
|---|---|---|--|--|---|---|
|   |   |   |  | <b>1</b><br>Herbed Baked Chicken<br>Beef and Noodles<br>Southern Fried Catfish         | <b>2</b><br>Mexican Baked Chicken<br>Stuffed Green Peppers<br>Country Style Steak         | <b>3</b><br>Crispy Baked Chicken<br>Baked Ham<br>Beef Yakisoba                              |
| <b>4</b><br>Chicken Parmesan<br>Sauerbraten<br>Baked Fish                   | <b>5</b><br>Roast Turkey<br>Tempura Fried Fish<br>Rib eye Steak                 | <b>6</b><br>Roast Pork<br>BBQ Beef Cubes<br>Chicken Fajitas                                     | <b>7</b><br>Spaghetti w/ Meat Sauce<br>Swiss Steak w/ brown gravy<br>Fried Chicken | <b>8</b><br>Mr Z's Baked Chicken<br>Pepper Steak<br>Pasta Primavera                    | <b>9</b><br>Chili Macaroni<br>BBQ Chicken<br>Southern Fried Catfish                       | <b>10</b><br>Baked Fish<br>Simmered<br>Knockwurst<br>Chinese 5-spice Chicken                |
| <b>11</b><br>Turkey Nuggets<br>Beef Stir fry w/ Broccoli<br>Pork Chop Suey  | <b>12</b><br>Spaghetti<br>Strip Loin Steak<br>Roast Turkey                      | <b>13</b><br><b>MONGOLIAN BBQ</b><br>Country Captain<br>Chicken<br>Meat Loaf<br>Turkey & Noodle | <b>14</b><br>Lemon Herbed Chicken<br>Sweet & Sour Pork<br>Jambalaya                | <b>15</b><br>Roast Pork Loin<br>Chicken Cordon Bleu<br>Veal Jaegerschnitzel            | <b>16</b><br>Lasagna<br>Spaghetti<br>Chicken Cacciatore                                   | <b>17</b><br>Fish Almandine<br>Stir Fry Chicken w/ Broccoli<br>Pork Chops w/ Mushroom Gravy |
| <b>18</b><br>Ginger BBQ Chicken<br>Fried Shrimp<br>Beef Manicotti           | <b>19</b><br>Swiss Steak W/Tomato Sauce<br>Baked Chicken<br>Hot Italian Sausage | <b>20</b><br>Lemon Fish<br>Pork Schnitzel<br>Beef Yakisoba                                      | <b>21</b><br>Caribbean Jerk Chicken<br>Salisbury Steak<br>Fish Parmesan            | <b>22</b><br>Pork Chops<br>Liver w/ onions<br>Fried Fish                               | <b>23</b><br>Shrimp Scampi<br>Roast Turkey<br>Beef Stew                                   | <b>24</b><br>Savory Baked Chicken<br>Creole Shrimp<br>Swedish Meatballs                     |
| <b>25</b><br>Oven Fried Fish<br>BBQ Spareribs<br>Chicken Breast<br>Parmesan | <b>26</b><br>Roast Pork Loin<br>Baked Stuffed Fish<br>Pot Roast                 | <b>27</b><br>Teriyaki Chicken<br>Veal Parmesan<br>Cheddar Baked Fish                            | <b>28</b><br>Mexican Pork Chops<br>Beef Ball Stroganoff<br>Turkey/Noodles          | <b>29</b><br>Herbed Baked Chicken<br>Beef and Noodles<br><b>Southern Fried Catfish</b> | <b>30</b><br>Mexican Baked Chicken<br>Stuffed Green Peppers<br><b>Country Style Steak</b> | <b>31</b><br>Crispy Baked Chicken<br>Baked Ham<br><b>Beef Yakisoba</b>                      |
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