







Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>LifeSpan's Highmark Site</p>		<p>There's Still Time!!</p> <p>Donate By: July 15th 5:00 PM</p>		<p>1 Hot Turkey Sandwich on wheat bread, gourmet potatoes, mixed vegetables, peaches Cal 647</p>	<p>2 Beef Hamburger on a bun, baked beans, carrots, tangerine Cal 656</p>	3
<p>4</p> 	<p>5 Baked Cod w/ paprika, Au Gratin potatoes, broccoli florets, multi-grain bread, gala apple Cal 656</p>	<p>6 Meat Loaf w/gravy, Italian green beans w/ red pepper, glazed yams, wheat bread, fruit cocktail Cal 687</p>	<p>7 Chicken Cacciatore, buttered noodles, leaf spinach, dinner roll, orange Cal 602</p>	<p>8 Cold Roast Beef Sandwich on rye bread, cooked cabbage & tomatoes, peaches, 2 fig newtons Cal 634</p>	<p>9 2 Turkey Meatballs w/Teriyaki sauce, confetti brown rice, sliced carrots, pineapple chunks, individual jelly roll Cal 651</p>	10
11	<p>12 Pork Loin w/apple glaze, whipped potatoes, peas & carrots, multi-grain bread, sliced peaches Cal 655</p>	<p>13 Beef tips in gravy, noodles, Mexican vegetables (corn, black beans, red pepper, onions), dinner roll, apple Cal 721</p>	<p>14 Salisbury Steak w/ thin gravy, scalloped potatoes, Italian green beans, wheat bread, tangerine Cal 651</p>	<p>15 Chicken Breast w/ mushroom gravy, lemon potatoes, broccoli florets, honey cracked wheat bread, pineapple Cal 603</p>	<p>16 Baked Cod w/ lemon wedge, cheese tortellini w/marinara, French green beans, bread, orange, graham crackers Cal 638</p>	<p>17</p> 
18	<p>19 Turkey w/thin gravy, butternut squash cubes, stewed tomatoes, multi-grain bread, apple, oatmeal raisin cookie Cal 684</p>	<p>20 Tuna noodle casserole w/peas, broccoli, whole wheat dinner roll, pears Cal 651</p>	<p>21 Ground Beef Stuffed Cabbage, garlic whipped potatoes, mixed vegetables, honey wheat bread, fruit cocktail Cal 707</p>	<p>22 Bow Ties w/ ground beef sauce, yellow beans w/ mushrooms, bread, Mandarin oranges & pineapple Cal 674</p>	<p>23 Chicken Breast w/ mushroom sauce, carrots w/parsley, confetti couscous, whole wheat bread, orange Cal 663</p>	24
<p>25</p>  <p><i>Parent's Day</i></p>	<p>26 Pepper Steak w/ gravy, barley, wheat bread, fruit cocktail Cal 650</p>	<p>27 BBQ Pulled Pork, on a hamburger bun, Au Gratin potatoes, peas & corn, orange Cal 725</p>	<p>28 Chicken Breast w/ lemon cream sauce, broccoli & cauliflower florets, brown rice pilaf, dinner roll, Fuji apple Cal 645</p>	<p>29 Ground Beef Meatloaf Sandwich on bread w/gravy, whipped potatoes, mixed vegetables, pineapple Cal 662</p>	<p>30 Baked Cod w/dill sauce, gourmet potatoes, stewed tomatoes & zucchini, multi-grain bread, peaches Cal 644</p>	<p>31</p> 