

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Riley Crossing Senior Living</p>		B Fried Eggs w/ Bacon, Breakfast Potatoes, Wheat Toast, Fresh Fruit 1 L Grilled Turkey Burger w/ Bacon, Lettuce & Avocado, Sweet Potato Fries, Fresh Fruit D Homemade Lasagna w/ Italian Sausage, Caesar Salad, Garlic Bread Canada Day	B Breakfast Burrito w/ Scrambled Eggs, Sausage, Cheese & Salsa, Fresh Fruit 2 L Greek Chicken Gyro, w/ Lettuce, Tomatoes, Tzatziki Sauce, French Fries D Traditional Pot Roast w/ Carrots, Onions & Potatoes, Warm French Bread	B Bacon, Egg, Avocado on a Croissant, Fresh Fruit 3 L Meatball & Marinara on Wheat Hoagie w/ Pickles & Peppers, Creamy Cucumber Salad D Oven Fried Chicken, Mashed Potato, Baked Beans	B Buttermilk Pancakes w/ Blueberries, Warm Syrup, Bacon & Fresh Fruit 4 L Hot Dogs w/ Onions and Relish, Potato Salad, Fresh Fruit D Broiled Haddock w/ Lemon Caper Sauce, Creamy Polenta, Sautéed Medley of Fresh Vegetables Independence Day (US)	B Continental Breakfast 5 L Beef Tacos w/ Lettuce, Tomato & Cheddar, Refried Beans, Chips & Salsa D Grilled Chicken Breast, Roasted Lemon Asparagus, Garlic Bread
		B Bacon & chive Quiche Lorraine, fresh fruit, and morning pastry 8 L Seafood pasta salad on mixed greens, croissants, and fresh fruit D Open faced hot turkey sandwich w/ mashed potatoes & gravy, Mixed Vegetables	B Hard boiled eggs, half bagel w/cream cheese, bananas & yogurt parfait 9 L Asian chicken salad w/chicken tenders, cucumber, mandarin oranges, pea pods, chow Mein noodles, egg roll D Slow roasted BBQ ribs, cornbread, & corn on the cob	B Scrambled eggs, bacon, cinnamon raisin toast, fruit 10 L Loaded baked potato with ham, cheese, broccoli, sour cream, chives, and marinated tomatoes D Chicken marsala w/mushrooms, over pasta with peas & onions	B Fried eggs, sausage patty English muffin, fresh fruit 11 L Reuben burger on wheat bun, baked beans, and garden salad D Beer battered cod w/homemade tartar sauce, Texas toast, coleslaw	B Continental Breakfast 12 L Grilled monte Cristo w/ham , spinach salad w/strawberries & almonds, fresh fruit D Stuffed chicken breast w/spinach cream cheese, roasted potatoes, roasted Brussel sprouts
		B Scrambled eggs, bacon, cinnamon raisin toast, fruit 15 L Chicken tenders w/Dijon honey mustard, tater tots, Cole Slaw. D Herbed pork chops, parsley potatoes, sauteed squash and zucchini, wheat dinner roll	B Hard boiled eggs, potato pancakes w/applesauce, morning pastry and fruit 16 L Fish sandwich w/lettuce, tomato & tartar sauce with braised beans D Teriyaki Glazed pork tenderloin, Seasoned Potatoes and greens Beans	B Fried eggs, bacon, breakfast potatoes, wheat toast and fresh fruit 17 L Sausage pizza, garden salad, and fresh fruit D Bourbon chicken w/ Rice, Broccoli, and Corn Bread	B Belgian waffle w/strawberries & whipped cream, sausage links & fruit 18 L Macaroni and Cheese, Sautéed Cherry Tomatoes, & Fresh Fruit D Roasted salmon w/curry cream sauce, Jasmine Rice and steamed broccoli	B Continental Breakfast 19 L Grilled turkey & Swiss on marble rye, potato chips, fresh fruit D Spaghetti w/tomato meat sauce, garden salad and parmesan bread
		B Hashbrown Egg bake, Pastry, and fresh fruit 22 L Turkey bacon melt, French Fries, and Fresh Fruit D Teriyaki beef tips, Fried Rice w/ Peas, Carrots, and Cabbage	B Hard boiled eggs, English muffin, banana & yogurt parfait 23 L Grilled Chicken Sandwich, w/ Lettuce and Tomato, Pasta Salad and Fruit D Brown sugar pork chop, mashed potatoes, and summer squash	B Scrambled eggs, bacon, and fresh fruit 24 L Bacon and Tomato Quiche w/ Seasoned Sour Cream, Banana Bread and Fresh Fruit D Herb roasted chicken w/baked potato, butter & sour cream, and steamed broccoli	B Fried eggs, sausage links wheat toast and fruit 25 L Grilled cheeseburger w/fried onions, lettuce, tomato & pickles, French fries D Lemon pepper cod, Rice Pilaf, and honey glazed carrots	B Continental breakfast 26 L Chicken Waldorf salad over mixed greens, croissants, and fresh fruit D Pork Stir Fry Bowl, w/ Cabbage and Carrots, and an Egg Roll
		B French toast w/fresh Berries and fruit 28 L Chef salad w/ham, turkey, tomato, cucumber, cheddar, egg & croutons D Ham and Broccoli Alfredo w/ Linguine, Mixed Veggies and Garlic bread	B Egg & cheese sandwich on English muffin, yogurt parfait 30 L Fish & Chips w/ Fresh Fruit D Meatloaf w/tomato glaze, red skinned mashed potatoes, broccoli	B Scrambled egg, strudel and fresh fruit 31 L BBQ Chicken on wheat bun, coleslaw and fruit D Roasted pork loin w/balsamic glaze, cornbread and green beans		