

MAPLEWOOD OF SAUK PRAIRIE MENU WEEK 1 SS July 21 - 27, 2024

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rhubarb Coffee Cake	Omelet	Assorted Donut	Sour Crème Donut	Cinnamon Toast	Turnover	Kringle
Roast Beef Mashed Potatoes & Gravy Rutabagas Dinner Roll Lemon Meringue Pie Alt. Hot Ham & Cheese LS. Salad Bar & Dinner Roll	Chicken Cordon Bleu Summer Vegetable Blend Fresh Fruit Cup Alt. Pot Pie LS: Summer Tortellini Salad w/Sun Dried Tomato dressing	Spaghetti Tossed Salad Garlic Breadstick Fudge Brownie Alt. Beef Fajitas w/rice LS: Roast Beef/ Baked Potato /Carrots	Ham & Broccoli Rice Casserole Buttered Bread Cherry Cheesecake Fluff Alt. Strawberry Spinach Salad/ Roll LS: Baked Fish/ Brown Rice/Carrots	Roast Turkey Stuffing Peas Raspberry Bar Alt. California Wrap LS: Salmon/Baked Potato/ Peas	Fried Shrimp Onion Rings Coleslaw Fruit Parfait Alt: Spaghetti w/ Meat Sauce/ Breadstick & Tossed Salad LS: Cobb Salad	Salisbury Steak Mashed Potatoes Corn Watermelon Alt. Sweet and Sour- Chicken /Rice Vegetables LS: Hummus w/ Pita Bread/ Fresh Veggie Sticks
Cheese & Crackers Diet: Same	Pumpkin Cookie Diet: Same	Pears Diet: Small	Snickerdoodle	Beef Stick Diet: Same	String Cheese Diet: Same	Sugar Cookie Diet: Small
Macaroni & Cheese Broccoli florets Fruited Jello Alt. BBQ Ribs/Mashed Potato LS: Baked Cod	Brat w/ Kraut Potato Salad Strawberry- Rhubarb Ice Cream Alt. Chicken Salad Sandwich w/ Potato Salad LS: Grilled Shrimp/Baked Potato	Turkey Sandwich Potato Chips Sweet & Sour Cucumbers Tapioca Pudding Alt. Egg Salad Sand. w/ Chips LS: Turkey Sand. w/ sweet & sour Cucumbers	Sloppy Joe Brew City Fries Coconut Explosion - Ice Cream Alt. Macaroni & Cheese/Broccoli LS: Chef Salad w/ Dinner Roll	Vegetable Soup Salami & Swiss Sandwich Spiced Applesauce Alt. Brat/Chips LS: Tuna Sandwich w/ Baked Chips	BBQ Pork Sandwich Tater Barrels Green Beans Chocolate Cake Alt. Pizza/Side Salad LS: Baked Chicken/ ½ Baked Potato	Chicken Tenders French Fries Jello Alt. Tuna Melt LS: Veggie Wrap w/ Fresh Fruit

LS = Low Sodium (generally lower in fat, sodium and sugar)