

LIBERTY RIDGE

Senior Living Community

Lunch Menu

Sunday 7/01/18	A. Meatloaf -OR- Bone-In Chicken (<i>white or dark</i>) B. Cabbage Casserole -OR- Garlic Peas w/ Mushrooms C. Mashed Potatoes w/ Gravy D. Butternut Squash Soup w/ BLT Sandwich ♥ Baked Salmon w/ Raspberry Vinaigrette Glaze	<u>Salad Choice</u>
Monday 7/02/18	A. Beef Tips w/ Mushrooms & Onions -OR- Sweet & Sour Chicken B. Squash -OR- Collard Greens C. Baked Potato w/ Cheese & Bacon D. Country Vegetable Soup w/ Pimento Cheese Sandwich ♥ Spinach Salad w/ Pears & Walnuts	<u>Salad Choice</u>
Tuesday 7/03/18	A. Grilled Burgers -OR- Grilled Hot Dog B. Corn on the Cob -OR- Baked Beans C. Potato Chips D. Chicken Noodle Soup w/ Chicken Salad ♥ Grilled Chicken Breast	<u>Salad Choice</u>
Wednesday 7/04/18	A. Cod w/ Lemon Butter -OR- Baked Pork Chop in Tomato Sauce B. Vegetable Blend -OR- Baked Apples C. Wild Rice D. Minestrone Soup w/ Tuna Salad ♥ Fresh Fruit w/ Cottage Cheese	<u>Salad Choice</u>
Thursday 7/05/18	A. Sweet & Sour Pork Shanks -OR- Corn Flake Chicken B. Green Beans -OR- Honey Carrots C. Macaroni & Cheese D. Potato Soup w/ Ham & Cheese Sandwich ♥ Spinach Salad w/ Chicken, Pecans & Berries	<u>Salad Choice</u>
Friday 7/06/18	A. Fried Fish of the Day -OR- Spaghetti w/ Meatballs B. Cream Corn -OR- Lima Beans C. Fried Potatoes D. Cream of Chicken Soup w/ Turkey & Swiss Sandwich ♥ Baked Chicken w/ Sundried Tomatoes	<u>Salad Choice</u>
Saturday 7/07/18	A. Smoked Sausage w/ Peppers -OR- Teriyaki Chicken Breast B. Spinach -OR- Stewed Tomatoes C. Steam Rice w/ Veggies D. Italian Wedding Soup w/ Grilled Ham & Cheese Sandwich ♥ Grilled Turkey Burger Plate w/ Sliced Tomatoes	<u>Salad Choice</u>

Salad Choices: Jell-O, Cole Slaw, Broccoli Salad, Cucumber Salad w/ Tomatoes

Salad Dressing: Ranch, Blue Cheese, 1000 Island, Italian, Honey Mustard, Red French or Honey Mustard, Raspberry Vinaigrette

Desert choice of: Regular or Sugar-free