

LIBERTY RIDGE

Senior Living Community

Lunch Menu

Sunday 7/08/18	A. Garlic Pork Loin -OR- Grilled Ham Steak B. Steamed Asparagus -OR- Corn on the Cob C. Sweet Potato D. Minestrone Soup w/ Ham Salad Sandwich ♥ Orange Glazed Chicken Breast	<u>Salad Choice</u>
Monday 7/09/18	A. Mango Chicken Breast -OR- Pulled Pork B. Spinach -OR- Corn O'Brien C. Baked Potato D. Tomato Soup w/ Grilled Cheese Sandwich ♥ Baked Pesto Fish	<u>Salad Choice</u>
Tuesday 7/10/18	A. Chicken Fettuccini -OR- Brisket w/ BBQ Sauce B. Stewed Tomatoes -OR- Green Beans C. Mash Potatoes D. Broccoli Cheddar Soup w/ Chicken Salad Sandwich ♥ Fresh Fruit Plate w/ Yogurt	<u>Salad Choice</u>
Wednesday 7/11/18	A. Grilled Steak -OR- Fried Shrimp B. Blackeye Peas -OR- Squash C. Roasted Red Potatoes D. Chicken Noodle Soup w/ Egg Salad Sandwich ♥ Herb Baked White Fish	<u>Salad Choice</u>
Thursday 7/12/18	A. Fried Chicken -OR- Stuffed Shells w/ Marinara B. Steamed Cauliflower -OR- Sweet Peas C. Mashed Potatoes w/ Gravy D. Beef & Noodle Soup w/ Pimento Cheese Sandwich ♥ Spinach Salad w/ Pecans & Berries	<u>Salad Choice</u>
Friday 7/13/18	A. Fried Fish of the Day -OR- BBQ Ribs B. Vegetable Medley -OR- Succotash C. Fried Potatoes D. Country Vegetable Soup w/ Grilled Ham & Cheese Sandwich ♥ Turkey Burger w/ Celery & Carrots	<u>Salad Choice</u>
Saturday 7/14/18	A. Cabbage Rolls -OR- Crab Cakes B. Brussel Sprouts -OR- Beets C. Garden Rice D. Split Pea Soup w/ Corn Beef & Swiss Sandwich ♥ Bake Salmon w/ Capers	<u>Salad Choice</u>

Salad Choices: Small Tossed Salad, Slaw or Fresh Fruit

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

Desert choice of: Regular or Sugar-free