

Legacy Link July 2021

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>TRIO Community Meals an eflor company</p>			1 Macaroni & Cheese Blackeyed Peas Collard Greens Cornbread Mixed Fruit Milk Margarine Vinegar Diet - Same	2 - Independence Day BBQ Chicken Thigh Baked Beans Potato Salad Texas Bread Apple Cobbler Milk Diet - Apple Slices
	5	6	7	8
Beef and Bow Tie Casserole Country Corn Green Beans Wheat Bread Sugar Cookie Milk Margarine Diet - Vanilla Wafers	Sausage/Peppers/Onions Baked Pinto Beans Coleslaw Hot Dog Bun Mixed Fruit Cobbler Chocolate Milk Catsup/Mustard Diet - Fruit Cocktail ALT: Sloppy Joe Meatballs	Chicken Cacciatore Parslied Rice Brussels Sprouts Wheat Bread Fresh Fruit Milk Margarine Diet - Same ALT: Salisbury Steak	Beef with Mushroom Gravy Mixed Beans Mustard Greens Cornbread Fresh Fruit Milk Margarine/Vinegar Diet - Same ALT: BBQ Chicken	Sliced Turkey Breast Swiss Cheese Lettuce/Tomato Green Pea Salad Wheat Bread (2) Fresh Fruit Milk Mayonnaise Mustard Diet - Same
12	13	14	15	16
BBQ Meatballs Whipped Potatoes Glazed Carrots Dinner Roll Oatmeal Cookie Milk Margarine Diet - Graham Crackers ALT: Honey Baked Chicken	Fajita Chicken Fiesta Rice Pinto Beans Lettuce/Tomato Flour Tortilla Fresh Fruit Milk Sour Cream Taco Sauce Diet - Same	Glazed Ham Succotash Mixed Greens Cornbread Fluffy Fruit Salad Milk Margarine Vinegar Diet - Fruit Cocktail ALT: Meatloaf/Tomato Gravy	Sloppy Joe Hashbrown Casserole Green Beans Hamburger Bun Fresh Fruit Chocolate Milk Diet - Same ALT: Chicken/Gravy	Chicken Salad Pasta Salad Beet Salad Saltine Crackers Fresh Banana Milk Diet - Same
19	20	21	22	23
Chicken Rice Casserole Whole Kernel Corn Green Peas Wheat Bread Fudge Crème Cookie Milk Margarine Diet - Vanilla Wafers	BBQ Rib Patty Delmonico Potatoes Cabbage Hamburger Bun Fresh Fruit Chocolate Milk Diet - Same ALT: BBQ Chicken	Spanish Beef Patty Red Beans/Rice Turnip Greens Cornbread Fresh Fruit Milk Margarine/Vinegar Diet - Same ALT: Lemon Pepper Chicken	Smothered Chicken Thigh Northern Beans Spring Vegetables Wheat Bread Pineapple Tidbits Milk Margarine Diet - Same ALT: Beef w/Peppers Onions	Beef Spaghetti Casserole Garden Vegetables Tossed Salad Dinner Roll Peach Cobbler Milk Margarine Ranch Dressing Diet - Peaches
26	27	28	29	30
Meatloaf/Onion Gravy Garlic Whipped Potatoes Okra and Tomatoes Wheat Bread Chocolate Chip Cookie Milk Margarine Diet - Graham Crackers ALT: Honey Mustard Chicken	Orange Glazed Chicken Wild Rice Parslied Carrots Dinner Roll Applesauce Milk Margarine Diet - Same ALT: Salisbury Steak	Macaroni and Cheese Black-eyed Peas Collard Greens Cornbread Fresh Fruit Milk Margarine/Vinegar Diet - Same	Hamburger Patty Baked Beans Potato Wedges Lettuce/Tomato Hamburger Bun Peaches/Pears Chocolate Milk Catsup - 2 Mustard/Mayonnaise Diet - Same ALT: Veggie Burger	Tuna Mac Salad Tossed Salad Three Bean Salad Saltine Crackers Fresh Fruit Milk Ranch Dressing Diet - Same