

July 19, 2026

	SUNDAY 19	MONDAY 20	TUESDAY 21	WEDNESD... 22	THURSDAY 23	FRIDAY 24	SATURDAY 25
Culinary Classics  	Southern Style Fried Chicken		Southern Style Fried Chicken	Country Fried Steak w/Gravy	Chicken Spaghetti	French Fried Catfish Filet    	Lemon Pepper Wings 
American Grille  		Burger, Bacon & Cheese, on plain bun	Cold Cut Sub	Ham Wrap	Grilled Chicken Breast on Bun	Turkey Wrap	
Salad Sensations  		Deli Tuna Salad  	Fried Chicken Salad	Deli Tuna Salad  	Grilled Chicken Salad	Deli Tuna Salad  	Chef Salad

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.