

JULY 2021

SENIOR LIVING

**Menu Subject to Change\***

Served with 1% Milk, Chocolate, Fat Free Milk\*

**Innovation Foods**

1550 Enterprise Parkway

Twinsburg, OH 44087 I 440-580-4800

[www.ifsmeals.com](http://www.ifsmeals.com)

This institution is an equal opportunity provider.

		<b>1 Egg Salad Croissant</b>		<b>2 Turkey Burger</b>	
		½ C Fresh Plum (1 PC) ½ C Wango Mango Juice (13 CHO) ½ C Grape Tomatoes 3.25 oz Egg Salad (>1 CHO) 2.25 oz Buttered Croissant (26 CHO)		½ C Fresh Apple (1 PC) ¾ C Street Corn (21 CHO) ¼ C Sauteed Mushrooms (4 CHO) 3.2 oz Turkey Burger (>1 CHO) 2.1 oz WG Hamburger Bun (25 CHO) BBQ Cup (10 CHO)	
<b>5 Swedish Meatballs</b>		<b>6 Cinnamon Swirl French Toast</b>		<b>7 Sweet BBQ Chicken Sliders</b>	
½ C Applesauce Cup (14 CHO) 1 C Broccoli ½ C Brown Rice (23 CHO) 3 oz Swedish Gravy (6 CHO) 3.5 oz Beef Meatballs (4 CHO) 1 oz WG Fig Bar (32 CHO)		½ C Fresh Plum (1 PC) 1 C Hash Brown Patty (29 CHO) 2.1 oz Belgain Waffles (37 CHO) 5.11 oz Cinnamon Swirl French Toast (65 CHO) Syrup Cup (31 CHO)		½ C 100% Juice Cup (14 CHO) 1 C Buttered Carrots (9 CHO) 2.5 oz Hawaiian Slider Buns (32 CHO) 3.4 oz Sweet BBQ Pulled Chicken (17 CHO)	
<b>8 Red Pepper Gnocchi With Grilled Chicken</b>		<b>9 Dill Pasta Salad With Fresh Veggies</b>			
½ C Fresh Orange (1 PC) 1 C Peas (18 CHO) 1 C Potato Gnocchi (31 CHO) 3 oz Roasted Red Pepper Gravy (7 CHO) 3.1 oz Grilled Chicken (1 CHO)		½ C Fresh Pear (1 PC) 1 C English Cucumbers And Grape Tomatoes (3 CHO) ¾ C Creamy Dill Pasta Salad With Peas (39 CHO) 1.5 oz Cheddar Cheese (>1 CHO) 1.5 oz Mozzarella Cheese (>1 CHO) 1 oz Buttered Cracker Pack (1 E)			
<b>12 Chicken Salad Pita</b>		<b>13 Waffles, Breakfast Potatoes &amp; Sausage</b>		<b>14 Stuffed Pepper Bowl</b>	
¾ C Fresh Cantaloupe (8 CHO) ½ C Celery Chips (1 CHO) ½ C Vegetable Fruit Punch Juice (14 CHO) 3.3 oz Summer Chicken Salad (8 CHO) 2.4 oz Pita Round (31 CHO)		½ C Fresh Clementine (1 PC) 1 C Potato Rounds (26 CHOO) 2.1 oz Belgain Waffles (37 CHO) 3.1 oz Turkey Sausage Syrup Cup (31 CHO)		½ C 100% Juice Cup (14 CHO) ½ C Brown Rice (23 CHO) ¾ C Sauteed Mixed Peppers (3 CHO) 3 oz Ground Beef (>1 CHO) ¼ C Marinara (11 CHO) 1oz WG Mini Breadstick (19 CHO)	
<b>15 Mushroom Ravioli</b>		<b>16 Cajun Chicken Legs</b>			
½ C Fresh Apple (1 PC) 1 C Mixed Vegetables (8 CHO) 1 C Cheese Ravioli (30 CHO) 3 oz Mushroom Gravy (11 CHO) 3 oz Sausage Crumble (1 CHO)		½ C Fresh Peach (1 PC) ½ C Brown Sugar Cinnamon Carrots (11 CHO) 1 C Seasoned Beans & Rice (52 CHO) 3.5 oz Cajun Chicken Legs (3 CHO) 3 oz Sausage Crumble (1 CHO) 1 oz Shortbread Cookie(21 CHO)			
<b>19 Cheeseburger With Baked Beans</b>		<b>20 Ham Salad Ciabatta</b>		<b>21 Medaritarian Chicken Bake</b>	
½ C 100% Juice Cup (14 CHO) 1 C Baked Beans (36 CHO) 3 oz Beef Patty (>1 CHO) 0.4 oz American Cheese (>1 CHO) 2.1 oz Brioche Hamburger Bun (38 CHO) Ketchup Packet (2 CHO)		½ C Fresh Pear (1 PC) ½ C Wango Mango Juice (13 CHO) ½ C Three Bean Salad (19 CHO) 3.25 oz Ham Salad (3 CHO) 2.25 oz Ciabatta Roll (29 CHO)		½ C 100% Juice Cup (14 CHO) 1 C Roasted Vegetable Medley (7 CHO) ½ C Brown Rice Pilaf (25 CHO) 3 oz Lemon Oregano Chicken Thighs (2 CHO) 1.2 oz Pita Wedges (16 CHO) Hummus Cup (4 CHO)	
<b>22 Three Cheese Tortellini</b>		<b>23 Chicken &amp; Biscuits</b>			
½ C Fresh Apple (1 PC) ¾ C California Normandy Vegetables (5 CHO) ¼ C Marinara (11 CHO) 1 C Three Cheese Tortellini (45 CHO) 3.2 oz Smoked Sausage (>1 CHO)		½ C Fresh Peach (1 PC) 1 C Red Potato Wedges (26 CHO) 2.2 oz Southern Style Buttermilk Biscuit (28 CHO) 3.1 Sweet Italian Chicken Sausage Patty (3 CHO)			
<b>26 Egg Roll Bowl</b>		<b>27 Chicken Dumplings</b>		<b>28 Scrambled Eggs</b>	
C½ C Mandarin Oranges (18 CHO) ¼ C Chow Mein Noodles (3 CHO) ¾ C Rice (34 CHO) 1 C Shredded Cabbage With Shredded Carrots (6 CHO) 3 oz Ground Sausage (>1 CHO) 1 oz Duck Sauce (3 CHO)		½ C Fresh Apple (1 PC) 1 C 5 Way Vegetables (12 CHO) ¾ C Spaetzle (1.5 WG) (39 CHO) 3 oz Chicken Dumpling Gravy (19 CHO) 3 oz Chicken Breast (3 M) (>2 CHO) 0.5 oz Shortbread Cookie (0.5 WG) (12 CHO)		½ C 100% Juice Cup (4 CHO) 1 C Hash Browns Patty (29 CHO) 2.5 oz Scrambled Eggs With Cheddar And Red Peppers (4 CHO) 1 oz Diced Ham (>1 CHO) 1 oz WG Bagel (28 CHO) Cream Cheese Cup (4 CHO)	
<b>29 Egg Salad Croissant</b>		<b>30 Turkey Burger</b>			
½ C Fresh Plum (1 PC) ½ C Wango Mango Juice (13 CHO) ½ C Grape Tomatoes 3.25 oz Egg Salad (>1 CHO) 2.25 oz Buttered Croissant (26 CHO)		½ C Fresh Apple (1 PC) ¾ C Street Corn (21 CHO) ¼ C Sauteed Mushrooms (4 CHO) 3.2 oz Turkey Burger (>1 CHO) 2.1 oz WG Hamburger Bun (25 CHO) BBQ Cup (10 CHO)			