

# GARDEN SIDE BISTRO – JULY

## Lunches and Tuesday/Thursday Dinners

**WEDNESDAY, JULY 1** CLOSED

**THURSDAY, JULY 2**

*Pierogi and Beef Cabbage Roll (or Pierogi), Tomato Sauce, Vegetables*

*DINNER: Beef Bourguignon, Mashed Potato, Dinner Roll, Side Salad*

**FRIDAY, JULY 3**

*Homemade Fish Burger (or Beyond Burger Patty), Coleslaw, French Fries*

**SATURDAY, JULY 4**

*Chicken Stroganoff, Fettuccine, Seasonal Vegetables*

**SUNDAY, JULY 5**

*Scrambled Eggs, Bacon, Roast Potato, Side Fruit*

**MONDAY, JULY 6**

*Roast Chicken, Leek Gravy, Roasted Butternut Squash, Stir Fry Vegetables (or Chickpea Coconut Curry Stew)*

**TUESDAY, JULY 7**

*Spaghetti Bolognese (or Alfredo Sauce), Garlic Bread, Parmesan, Side Salad*

*DINNER: Greek Lemon Chicken, Roast Potato, Greek Salad, Garlic Pita Bread, Tzatziki*

**WEDNESDAY, JULY 8**

*Lamb Shepherd's Pie (or Lentil Shepherd's Pie), Side Salad, Gravy*

**THURSDAY, JULY 9**

*Chili Con Carne (or Stuffed Bell Peppers), Cornmeal Muffin, Side Salad*

*DINNER: Seafood Platter (Cod, Salmon and Prawns), Mashed Potato, Tossed Salad*

**FRIDAY, JULY 10**

*Fish Stew (or Vegetable Stew), Rice, Side Salad*

**SATURDAY, JULY 11**

*Sweet and Sour Pork, Rice, Vegetables*

**SUNDAY, JULY 12**

*Waffle, Sausage, Scrambled Egg, Fruit Side*

**MONDAY, JULY 13**

*Beef Stroganoff (or Mushroom Stroganoff), Rice, Vegetables*

**TUESDAY, JULY 14**

*Dijon Pork (or Stuffed Zucchini), Scalloped Potatoes, Seasonal Vegetables*

 *JAPANESE DINNER: Baked Cod with Miso Sauce, Rice, Vegetable, Side Salad*

**WEDNESDAY, JULY 15**

*Beef Liver, Caramelized Onions, Mashed Potato, Gravy, Vegetables (or Mixed Bean Stew)*

## **THURSDAY, JULY 16**

*Alfredo Chicken (or Stuffed Peppers), Mashed Potato, Seasonal Vegetables*

*[DINNER: BBQ Pork Ribs, Potato, Bacon and Corn Warm Salad, Coleslaw](#)*

## **FRIDAY, JULY 17**

*Salmon Burger, Tartar Sauce, French Fries, Side Salad (or Baked Stuffed Peppers)*

## **SATURDAY, JULY 18**

*Turkey Meatloaf, Gravy, Mashed Potato, Vegetables*

## **SUNDAY, JULY 19**

*Sausage, Roast Potato, Scrambled Eggs, Side Fruit*

## **MONDAY, JULY 20**

*BBQ Chicken Legs, Mashed Potato, Vegetables*

## **TUESDAY, JULY 21**

*Salisbury Steak (or Black Bean Patty), Caramelized Onions, Mashed Potatoes, Seasonal Vegetables, Gravy*

*[DINNER: Spaghetti with Meatballs \(Pork and Beef\), Parmesan Cheese, Garlic Bread, Vegetables](#)*

## **WEDNESDAY, JULY 22**

*Beef Stew (or Mediterranean Stew), Mashed Potato, Side Salad*

## **THURSDAY, JULY 23**

*Sweet and Sour Chicken, Mashed Potato, Seasonal Vegetables (or Stuffed Bell Pepper)*

*[DINNER: Shrimp Fried Rice, Asparagus, Roast Potato](#)*

## **FRIDAY, JULY 24**

*Tuna Casserole (or Lentil Stew), Vegetables, Side Salad*

## **SATURDAY, JULY 25**

*Roast Chicken with Lemon, Rice, Vegetables*

## **SUNDAY, JULY 26**

*Waffle, Scrambled Eggs, Bacon, Side Fruit*

## **MONDAY, JULY 27**

*Lamb Stew (or Mediterranean Stew), Mashed Potato, Roast Vegetables*

## **TUESDAY, JULY 28**

*Pork/Beef Spaghetti Meatballs (or Veggieballs), Garlic Bread, Side Salad*

*[DINNER: Chicken Piccata with Lemon and Capers Sauce, Angel Pasta, Broccolini](#)*

## **WEDNESDAY, JULY 29**

*Pizza Day: Mushroom, Spinach, Red Onions, Tomato Sauce, Side Salad*

## **THURSDAY, JULY 30**

*Beef, Caramelized Onions, Rice, Beans, Vegetables (or Stuffed Peppers)*

*[DINNER: Beef Teriyaki, Rice, Vegetables, Side Salad](#)*

## **FRIDAY, JULY 31**

*Spaghetti Alle Vongole (Clams), (or Vegetarian Primavera Spaghetti), Garlic Bread, Caesar Salad*