

# July 2026

# Cafe



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>Choose one of the following for \$7.00:</b> <ul style="list-style-type: none"> <li>Hot Entree and sides</li> <li>Salad of the Week</li> <li>Power Bowl of the Week</li> <li>Build Your Own Salad</li> <li>Build Your Own Wrap</li> <li>Build Your Own Power Bowl</li> </ul> Replace Any Side with Coleslaw, Cottage Cheese, or Applesauce Dessert - \$1.00, To Go Soup (16 oz) \$4.00		<b>1 Free Ice Cream</b> sponsored by The Heritage  Country Fried Chicken Roasted Potatoes Glazed Carrots		<b>2 Free Dessert</b> Summer Berry Ice Box  <b>Let's BBQ</b> All your favorite BBQ foods!		<b>3</b>  <b>CLOSED</b>  <i>Happy 4<sup>th</sup> of July</i>		<b>Salad of the Week:</b> Grilled Chicken  <b>Power Bowl of the Week:</b> Greek  <b>Soup:</b> Minestrone  <b>Dessert:</b> Tiramisu	
<b>6</b>  Coconut Curry Chicken	<b>7 Tasty Tuesday</b>  Smoke Sausage Mac & Cheese Green Beans	<b>8 Free Ice Cream</b> sponsored by Elara Caring  Meatloaf Mashed Potatoes Cream Corn	<b>9 Free Dessert</b> Sponsored by Sunrise  Salisbury Steak Mashed Potatoes Mixed Vegetables	<b>10 NO CAFE</b> <b>KARAOKE</b>  Fajita Chicken Rice Corn & Black Beans	<b>Salad of the Week:</b> Southwest  <b>Power Bowl of the Week:</b> Oriental  <b>Soup:</b> Carne Asada  <b>Dessert:</b> Chocolate Poke Cake				
<b>13</b>  Pulled Pork Flatbread Pasta Salad	<b>14 Tasty Tuesday</b>  Lemon Pepper Chicken Roasted Potatoes Broccoli	<b>15 Free Ice Cream</b> sponsored by The Heritage  Pepper Steak over Rice Egg Roll	<b>16 Free Dessert</b> Mint Brownies  Lasagna Mixed Vegetables Garlic Roll	<b>17</b>  Cheeseburger Potato Wedges Coleslaw	<b>Salad of the Week:</b> Chef  <b>Power Bowl of the Week:</b> Oriental  <b>Soup:</b> Cabbage  <b>Dessert:</b> Blueberry Sugar Cookies				
<b>20</b>  Popcorn Chicken Bowl	<b>21 Tasty Tuesday</b>  Beef & Noodles Vegetable Blend	<b>22 Free Ice Cream</b> sponsored by StoryPoint  Sweet & Sour Chicken Seasoned Rice Egg Roll Vegetable Blend	<b>23 Free Dessert</b> Watergate Salad  Turkey Club Gazpacho	<b>24</b>  Meatball Sub Potato Chips Cucumber Salad	<b>Salad of the Week</b> Apple Pecan  <b>Power Bowl of the Week:</b> Salmon Sweet Potato  <b>Soup:</b> Mushroom  <b>Dessert:</b> Grape Salad				
<b>27</b>  Ham Loaf Mashed Sweet Potatoes Mixed Vegetables	<b>28 Tasty Tuesday</b>  Cheeseburger Pasta Bake California Blend	<b>29 Free Ice Cream</b>  Shredded Chicken Potato Chips Pickle Spear	<b>30 Free Dessert</b> Banana Pudding  Loaded Baked Potato Broccoli & Cheese	<b>31</b>  Chicken Cordon Bleu Mashed Potatoes Vegetable Blend	<b>Salad of the Week:</b> Oriental  <b>Power Bowl of the Week:</b> Salmon Sweet Potato  <b>Soup:</b> Chili  <b>Dessert:</b> Banana Split Cake				

## Special Days

### **TASTY TUESDAYS!**

#### **EVERY TUESDAY**

Come into the café and enjoy a free sample of something new we are cooking up!  
**(Free with \$7.00 Lunch Purchase • Dine-In Only)**  
**While supplies last.**

### **ICE CREAM WEDNESDAYS!**

#### **EVERY WEDNESDAY**

**July 1** - Sponsored by The Heritage  
**July 8** - Sponsored by Elara Caring  
**July 15** - Sponsored by The Heritage  
**July 22** - Sponsored by StoryPoint  
**July 29**-  
**(Free with \$7.00 Lunch Purchase • Dine-In Only)**  
**While supplies last.**

### **FREE DESSERT THURSDAY!**

#### **EVERY THURSDAY**

Treat yourself to a little sweet for the week!  
**(FREE with \$7 lunch purchase)**  
**While supplies last.**

**No Cafe Karaoke in July.**



## What's in my Salad?

### **Week of June 29 - July 3**

#### **Grilled Chicken**

Lettuce • Cheese • Egg • Tomatoes • Cucumbers  
Grilled Chicken • Salad Dressing

### **Week of July 6 - 10**

#### **Southwest**

Lettuce • Cheese • Chicken • Black Beans  
Corn Salsa • Tortilla Strips • Chipotle Ranch Dressing

### **Week of July 13 - 17**

#### **Chef Salad**

Lettuce • Cheese • Egg • Tomatoes • Cucumbers  
Ham • Turkey • Salad Dressing

### **Week of July 20 - 24**

#### **Apple Pecan**

Spinach • Sliced Apples • Pecans • Feta Cheese  
Craisins • Poppyseed or Raspberry Vinaigrette

### **Week of July 27 - 31**

#### **Oriental Chicken**

Cabbage • Celery • Mandarin Oranges • Grilled Chicken  
Toasted Almonds • Chow Mein Noodles •  
Oriental Dressing

## What's in my Bowl?

### **Week of June 29 - July 3**

#### **Greek Power Bowl**

Brown Rice • Chicken • Cucumber • Tomatoes • Olives •  
Feta • Tzatziki Sauce

### **Week of July 6 - 17**

#### **Oriental Power Bowl**

Brown Rice • Teriyaki Chicken • Roasted Broccoli •  
Shredded Cabbage • Carrots • Mandarin Oranges  
Ginger Sesame Dressing

### **Week of July 20-31**

#### **Salmon Sweet Potato Bowl**

Rice • Sweet Potato • Broccoli • Salmon • Hummus •  
Slivered Almonds • Maple Balsamic Drizzle

**If you are interested in Mobile Meal delivery,  
call Dustin at 567-429-9249 to inquire about pricing and scheduling**