

THE BELLAIRE SENIOR LIVING

Month: **July, 2026**

DINNER 12:00 – 1:00

SUBSTITUTIONS: #1: Hamburger on Bun #2: Dinner Salad #3: Egg Salad Sand. #4: Macaroni & Cheese #5: Baked Chicken

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Canada Day Country Fried Steak Mashed Potatoes Corn Applesauce	2 Beef Stroganoff over Noodles Peas Mandarin Oranges	3 Chicken Cordon Bleu Roasted Potatoes Key West Veggie Blend Fruit Cocktail	4 Independence Day Hamburger on a Bun Macaroni Salad Baked Beans Strawberry Shortcake
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #
5 Sweet & Sour Meatballs White Rice Broccoli Cream Pie	6 Chicken Alfredo over Pasta Broccoli Cottage Cheese with Pineapple Chunks	7 Lasagna Garlic Bread California Blend Veggies Peaches	8 Turkey Stuffing Mashed Potatoes Green Beans Pears	9 Nat'l Sugar Cookie Day Meatloaf Mashed Potatoes & Gravy Baby Carrots Jell-O with Whipped Topping	10 Nat'l French Fry Day Cod Nuggets Scalloped Potatoes Coleslaw Strawberries	11 Honey Garlic Pork Roast Stuffing Cauliflower Fruit Cocktail
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #
12 Nat'l Pecan Pie Day Baked Ham with Pineapple Sweet Potatoes Carrots Pecan Pie	13 Hot Turkey Sandwich Mashed Potatoes & Gravy Green Beans Ambrosia	14 Nat'l Mac & Cheese Day Hard Shell Tacos Refried Beans Spanish Rice Fruit Cocktail	15 Nat'l Hot Dog Day Chicken Pot Pie Side Salad Tropical Fruit	16 Swiss Steak with Gravy Rice Pilaf Cream Corn Cottage Cheese with Peaches	17 Hush Puppy Fish Baked Potato Key West Veggie Blend Grapes	18 Meatballs in Brown Gravy Mashed Potatoes with Gravy Green Beans Pears
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #
19 Nat'l Ice Cream Day Italian Baked Chicken Buttered Egg Noodles Corn Cream Pie	20 Beef & Broccoli Stir Fry over Rice Key West Veggie Blend Orange Slices	21 Fried Chicken Scalloped Potatoes Cauliflower Pineapple Chunks	22 Spaghetti with Meat Sauce Garlic Bread Peas Applesauce with Cinnamon	23 Bratwurst with Peppers & Onions Fried Potatoes California Blend Veggies Fruit Cocktail	24 BBQ Chicken Breast Mashed Potatoes & Gravy Broccoli Grapes	25 Steak Burgers with Onions & Mushrooms Baked Potato Stewed Tomatoes Mandarin Oranges
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #
26 Fried Chicken Mashed Potatoes & Gravy Corn on the Cob Fruit Pie	27 <u>Breaded Pork Chops</u> <u>Roasted Potatoes</u> <u>Brussel Sprouts</u> <u>Pear Slices</u>	28 Hot Roast Beef Sandwich Mashed Potatoes & Gravy Caribbean Veggie Blend Peach Slices	29 Ranch Breaded Chicken Au 'Gratin Potatoes Cauliflower Mandarin Oranges	30 BSL & MH "Carnival Day" Cheese Ravioli with Meat Sauce Garlic Bread Stick Fruit Cocktail	31 Nat'l Avocado Day Cabbage Rolls Mashed Potatoes Corn Strawberries	
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #

Please circle your preferred drinks:

- | | | |
|----------------------|---------------|--------------------------|
| Orange Juice | Iced Tea | White Milk |
| Apple Juice | Water | Chocolate Milk |
| Cranberry Juice | Coffee | |
| Fruit Punch/Lemonade | Hot Chocolate | SUBJECT TO CHANGE |

July Fun Fact & Observances:

July 2026 is Observed as:
National Parks Month, National Picnic Month & UV Safety Month

Fruits & Veggies for the Month of July:
Garlic, Nectarine, & Papaya Mango

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Month: **July, 2026**

SUPPER 5:00 - 6:00

SUBSTITUTIONS: #1: Hamburger on Bun #2: Dinner Salad #3: Fruit Plate #4: Macaroni & Cheese #5: Baked Chicken

17	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Canada Day Grilled Ham & Cheese Sandwich Sweet Potato Tots Lemon Bars	2 Hot Dogs with Onions Potato Chips Vanilla Pudding	3 Chef Salad Dinner Roll Cookies	4 Independence Day Chicken Strips with side of BBQ Sauce Ice Cream
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #
5 Chili Dog with Onions Potato Chips Donuts	6 Chicken Stroganoff over Egg Noodles Dinner Roll Lemon Bars	7 Chicken Noodle Soup Turkey Sandwich with Lettuce & Tomato Ice Cream Bar	8 Turkey Melt on Rye Bread Watermelon Slice Chocolate Pudding with Whipped Topping	9 Nat'l Sugar Cookie Day Shrimp Scampi over Linguine Pasta Dinner Roll Sugar Cookies	10 Nat'l French Fry Day Turkey & Swiss Cheese Sandwich with Lettuce & Tomato Fruit Slice Vanilla Pudding with Whipped Topping	11 Shepherd's Pie Dinner Roll Ice Cream
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #
12 Nat'l Pecan Pie Day BLT Sandwich Fresh Fruit Watermelon	13 Beef Goulash Garlic Stick Apple Cobbler	14 Nat'l Mac & Cheese Day Tuna Salad Sandwich with Lettuce & Tomato Potato Chips Ice Cream on a Stick	15 Nat'l Hot Dog Day Navy Bean Soup Egg Salad Sandwich with Tomato Cookies	16 Loaded Potato Soup Chicken Salad Sandwich Chocolate Mousse with Whipped Topping	17 Taco Salad with Salsa & Sour Cream Dinner Roll Ice Cream Bar	18 Sloppy Joe's Pickle Fruit Slice Ice Cream
SUB#	SUB #	20	SUB #	SUB #	SUB #	SUB #
19 Nat'l Ice Cream Day Wing Dings French Fries Donuts	20 Chicken Caesar Salad Wrap Fresh Fruit Apple Crisp	21 Breaded Chicken Sandwich Potato Chips Jell-O with Fruit	22 Beef Stew Biscuit Cherry Cheese Tarts	23 Tomato Soup Grilled Cheese Tapioca Pudding	24 Ham & Cheese Sandwich Potato Chips Sherbet	25 Chili with Crackers Corn Bread Ice Cream
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #
26 Pepperoni Pizza Cola Watermelon	27 Steak Sub with Cheese & Onions Potato Chips Brownie	28 Chicken Noodle Soup Ham & Cheese on a Croissant Sherbet	29 Cabbage Soup Toasted Turkey Sandwich Apple Carmel Cake	30 BSL & MH "Carnival Day" Hot Dogs Potato Chips Ice Cream on a Stick	31 Nat'l Avocado Day Tuna Salad Plate with Pita Bread Cookies	
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #

Please circle your preferred drinks:

- | | | |
|----------------------|---------------|----------------|
| Orange Juice | Iced Tea | White Milk |
| Apple Juice | Water | Chocolate Milk |
| Cranberry Juice | Coffee | |
| Fruit Punch/Lemonade | Hot Chocolate | |

SUBJECT TO CHANGE

July Observances & Fun Facts (cont.)

July Birthstone: Ruby & Onyx

July Flower: Larkspur & Water Lily

July Astrological Sign: