



CAPITAL TOWERS JULY, AUGUST & SEPTEMBER



TUESDAY	TUESDAY	TUESDAY	FRIDAY	FRIDAY	FRIDAY
7/5 - 8/2&30 - 9/27	7/5 - 8/2&30 - 9/27	7/5 - 8/2&30 - 9/27	7/8 - 8/5 - 9/2 & 30	7/8 - 8/5 - 9/2 & 30	7/8 - 8/5 - 9/2 & 30
Meatloaf w/ Gravy	Chicken Salad w/ Roll	Stuffed Shells w/ Cheese	Smoked Sausage	Caprese Salad	Pepperoni Pizza Pasta
Green Beans; Carrots	Pasta Salad	in Marinara	w/ Onions & Pepeprs	(Tomato & Mozzarella)	Mixed Vegetables
Roll	Fresh Fruit	Mixed Vegetables	Brown Rice; Broccoli	Hummus & Vegetables	Roasted Potato
7/12 - 8/9 - 9/6	7/12 - 8/9 - 9/6	7/12 - 8/9 - 9/6	7/15 - 8/12 - 9/9	7/15 - 8/12 - 9/9	7/15 - 8/12 - 9/9
Baked Vegetarian Spaghetti	Cheeseburger Sliders	Pasta Salad	Teriyaki Chicken	Tuna Salad w/ Roll	Vegetarian Curry
Mixed Vegetables	Broccoli	w/ Vegetables & Ham	Mixed Rice	Potato Salad	White Rice; Broccoli
Roasted Corn	Roasted Potato	Fresh Fruit	Vegetables	Fresh Fruit	Roasted Potato
7/19 - 8/16 - 9/13	7/19 - 8/16 - 9/13	7/19 - 8/16 - 9/13	7/22 - 8/19 - 9/16	7/22 - 8/19 - 9/16	7/22 - 8/19 - 9/16
Roasted Turkey w/ Gravy	Roast Beef & Cheese Hoagie	Tomato Bisque w/ Basil	NC Style BBQ Pork	Turkey & Cheese Hoagie	Veg Stuffed Peppers
Garlic Mashed Potatoes	Mixed Salad w/ Ranch	Toast Points	Baked Beans	Potato Salad	w/ Wild Rice
Green Beans	Fresh Fruit	Mixed Vegetables	Collards; Roll	Fresh Fruit	Roll
7/26 - 8/23 - 9/20	7/26 - 8/23 - 9/20	7/26 - 8/23 - 9/20	7/29 - 8/26 - 9/23	7/29 - 8/26 - 9/23	7/29 - 8/26 - 9/23
Chicken Parmesan	Loaded Chicken Salad Sliders	Broccoli & Cheddar Soup	Chicken Marsala	Ham & Cheese Hoagie	Vegetarian Chilli Mac
Brown Rice	Mixed Salad w/ Italian Dressing	Toast Points	White Rice	Pasta Salad	Steamed Broccoli
Roasted Vegetables	Fresh Fruit	Roasted Potato	Mixed Vegetables	Fruit	Green Beans