

Lifestream Menu

July 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1				
 Nourishment through compassionate care.		Spaghetti Bake Green Peas Tossed Salad Saltine Crackers Apple Cobbler Milk Salad Dressing Diet: Hot Apple Slices Cal: 737 Sodium: 792	Chicken Calabacita (Chicken & Squash) Yellow Rice Broccoli Whole Wheat Tortilla Hot Pineapple Tidbits Milk Cal: 641 Sodium: 479	Closed for Holiday
	2			
3				
6				
Southwest Stew Summer Vegetable Blend Saltine Crackers Apple Cobbler Milk Diet - Hot Apple Slices Cal: 584 Sodium: 948	Oriental Shoyu Chicken Jasmine Rice Japanese Vegetable Blend Fresh Fruit Fortune Cookie Milk Cal: 573 Sodium: 426	Salisbury Steak w/ Steakhouse Sauce Whipped Potatoes Green Beans Whole Grain Bread Fresh Fruit Milk Margarine Cal: 636 Sodium: 661	Creole Baked Chicken Red Beans and Rice Collard Greens Cornbread Nutty Buddy Bar Milk Margarine Cal: 700 Sodium: 1232	Turkey Divan Parslied Rice Succotash Brussels Sprouts Snickerdoodle Bar Milk Diet - Graham Crackers Cal: 765 Sodium: 540
7				
8				
9				
10				
13				
Teriyaki Meatballs Lentil Vegetable Pilaf Broccoli Naan Bread Fresh Fruit Milk Cal: 758 Sodium: 1153	<i>New!</i> Chicken Spaghetti Casserole Green Peas Carrots Wheat Dinner Roll Milk Strawberry Gelatin Margarine Diet - SF Gelatin Cal: 702 Sodium: 894	Egg Patty Breakfast Sausage Hashbrown Potatoes Biscuit Hot Peaches Milk Margarine Cal: 748 Sodium: 1120	Santa Fe Chicken w/ Penne Pasta Southwest Corn Green Beans Rice Krispie Treat Milk Cal: 649 Sodium: 490	Beef Patty Lettuce & Tomato Potato Wedges Hamburger Bun Pineapple Cobbler Milk Ketchup Mustard Diet - Hot Pineapples Cal: 854 Sodium: 838
14				
15				
16				
17				
20				
BBQ Pork Riblet Hawaiian Baked Beans Mixed Vegetable Blend Hamburger Bun Rice Krispie Treat Milk Cal: 802 Sodium: 1065	Chicken Breast <i>New!</i> w/ Romesco Sauce Parslied Noodles Tuscany Vegetable Blend Tossed Salad Fresh Fruit Milk Salad Dressing Cal: 591 Sodium: 776	Krab Cake w/ Dill Sauce Garden Vegetable Blend Green Peas Saltine Crackers Chocolate Cake Milk Diet - Lorna Doone Cookies Cal: 696 Sodium: 688	Smothered Beef Patty Whipped Potatoes Green Beans Whole Grain Bread Fresh Fruit Milk Margarine Cal: 628 Sodium: 685	Butter Chicken w/ Yellow Rice Cauliflower Spiced Peaches n' Granola Milk Cal: 535 Sodium: 394
21				
22				
23				
24				
27				
<i>New!</i> Creamy Marsala Garden Meatballs Penne Pasta Italian Vegetable Blend Broccoli Fruited Orange Gelatin Milk Diet - SF Gelatin Cal: 586 Sodium: 786	Sloppy Joe Baked Beans Carrots Hamburger Bun Fresh Fruit Milk Cal: 797 Sodium: 954	Beef Stroganoff (Egg Noodles in Stroganoff) Yellow Squash Green Beans Fig Bar Cookie Milk Cal: 578 Sodium: 375	Egg Patty (2) Hashbrown Potatoes French Toast Sticks Fresh Fruit Milk Pancake Syrup Cal: 704 Sodium: 852	Chicken Enchilada w/ <i>New!</i> Citrus Mojo Sauce Fiesta Black Beans Stewed Tomatoes Sugar Cookie Milk Cal: 544 Sodium: 847
28				
29				
30				
31				

Menus subject to change

Courtney Furr RD, LDN

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 License # 37004552A

Lifestream Picnic Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Nourishment through compassionate care.				
			1	2
		Chicken Salad Broccoli Salad Pasta Salad Naan Bread Apple Cobbler Milk Diet: Hot Apple Slices Cal: 849 Sodium: 961	Lemon Pepper Tuna Salad Lettuce & Tomato Potato Salad Whole Wheat Bread (2) Hot Pineapple Tidbits Milk Cal: 617 Sodium: 821	Closed for Holiday
6	7	8	9	10
Sliced Turkey Breast Cheddar Cheese Spinach Salad Marinated Tuscany Salad Whole Grain Bread (2) Apple Cobbler Milk Mayonnaise Diet - Hot Apple Slices Cal: 590 Sodium: 1279	Chicken Caesar Salad Wrap California Vegetable Salad Whole Wheat Tortilla Fresh Fruit Fortune Cookie Milk Cal: 606 Sodium: 1189	Krab Mac Salad Green Pea Salad Tossed Salad Saltine Crackers Fresh Fruit Milk Ranch Salad Dressing Cal: 561 Sodium: 1106	Dill Egg Salad Lettuce & Tomato Pasta Salad Whole Wheat Bread (2) Nutty Buddy Bar Milk Cal: 764 Sodium: 598	Chef Chicken Salad Corn Salad Wheat Dinner Roll Snickerdoodle Bar Milk Ranch Salad Dressing Diet - Graham Crackers Cal: 763 Sodium: 738
13	14	15	16	17
Lemon Pepper Tuna Salad Lettuce & Tomato Bean Salad Whole Wheat Bread (2) Fresh Fruit Milk Cal: 684 Sodium: 763	Sliced Turkey Breast Swiss Cheese Lettuce & Tomato Pasta Salad Whole Grain Hamburger Bun Strawberry Gelatin Milk Diet - SF Gelatin Cal: 737 Sodium: 1079	<i>New!</i> Chicken Fajita Salad Black Beans w/ Corn Tortilla Chips Fresh Fruit Milk Assorted Salad Dressing Cal: 615 Sodium: 626	Italian Ham Pasta Salad Green Pea Salad Saltine Crackers Rice Krispie Treat Milk Cal: 560 Sodium: 1299	Honey Mustard Chicken Salad Marinated Carrots Coleslaw Saltine Crackers Pineapple Cobbler Milk Diet - Hot Pineapples Cal: 859 Sodium: 976
20	21	22	23	24
Pimento Cheese Lettuce & Tomato Venetian Pasta Salad Whole Wheat Bread (2) Rice Krispie Treat Milk Cal: 737 Sodium: 771	Yogurt Dill Chicken Salad Cucumber & Tomato Salad Green Pea Salad Saltine Crackers Fresh Fruit Milk Cal: 573 Sodium: 559	French Bistro Turkey Salad Lettuce & Tomato California Vegetable Salad Whole Wheat Bread (2) Chocolate Cake Milk Diet - Lorna Doone Cookies Cal: 719 Sodium: 1006	BBQ Chicken Salad Carrot Raisin Salad Whole Grain Hamburger Bun Fresh Fruit Milk Cal: 669 Sodium: 870	Krab Salad Pasta Salad Tossed Salad Saltine Crackers Spiced Peaches n' Granola Milk Ranch Salad Dressing Cal: 594 Sodium: 995
27	28	29	30	31
Sliced Ham Swiss Cheese Lettuce & Tomato Honey Lime Corn Salad Whole Wheat Bread (2) Fruited Orange Gelatin Milk Diet - SF Gelatin Cal: 651 Sodium: 1147	Chef Chicken Salad Chickpea Pasta Salad Saltine Crackers Fresh Fruit Milk Ranch Salad Dressing Cal: 565 Sodium: 634	Sliced Turkey Breast Provolone Cheese Lettuce & Tomato Potato Salad Whole Grain Hamburger Bun Fig Bar Cookie Milk Cal: 668 Sodium: 1335	Tuna Salad Tossed Salad Broccoli Raisin Salad Whole Wheat Bread (2) Fresh Fruit Milk Ranch Salad Dressing Cal: 589 Sodium: 698	Greek Chicken Salad Vegetable Pasta Salad Marinated Tuscany Salad Saltine Crackers Sugar Cookie Milk Italian Salad Dressing Cal: 702 Sodium: 734

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