July 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6/29	6/30	7/1	7/2	7/3	7/4 4 [™] of July	7/5
Baked Chicken Rice Dressing Seasoned Green Peas Roll	Chicken Spaghetti Seasoned Corn Garlic Bread	Fried Pork Chop Buttered Potatoes Seasoned Spinach Cornbread	Stuffed Bell Pepper Mac-n- Cheese Seasoned Vegetables Roll	Glazed Ham Seasoned Rice Seasoned Vegetables Roll	BBQ Hamburger on Bun Baked Beans Coleslaw	Chicken / Sausage Jambalaya Green Beans Roll
7/6	7/7	7/8	7/9	7/10	7/11	7/12
BBQ Chicken Baked Beans Potato Salad Roll	Meat sauce w/ Spaghetti Seasoned Broccoli Garlic Bread	Beef Tips w/ Gravy Rice Seasoned Lima Beans Roll	Potato / Sausage Stew Seasoned Green Beans Roll	Salisbury Steak w/ Gravy Mashed Potatoes Seasoned Corn Roll	Shrimp Stew Rice Seasoned Peas Roll	Lasagna Seasoned Corn Garlic Bread
7/13	7/14	7/15	7/16	7/17	7/18	7/19
Baked Chicken Mac-n- Cheese Seasoned Vegetables Roll	Red Beans w/ Sausage Rice / Greens Cornbread	BBQ Pork Chop Baked Beans / Coleslaw Garlic Bread	Chicken / Sausage Gumbo Rice / Potato Salad	Fried Chicken Mashed Potatoes w/ Gravy Seasoned Vegetables Roll	Crawfish Etouffee Rice Seasoned Peas Roll	Smothered Okra w/ Sausage / Shrimp Rice / Roll
7/20	7/21	7/22	7/23	7/24	7/25	7/26
Smothered Chicken w/ Rice Seasoned Greens Roll	White Beans w/ Sausage Rice/ Beets Cornbread	Turkey Pot Roast w/ Gravy Rice / Greens Roll	Meat sauce w/ Spaghetti Mixed Vegetables Garlic Bread	Country Fried Steak Mased Potatoes w/ Gravy Seasoned Corn Roll	Fried Fish Potato Salad Peas Roll	Smothered Pork Chop Rice w/ Gravy Seasoned Vegetables Roll
7/27	7/28	7/29	7/30	7/31		
Beef Pot Roast w/ Gravy Rice Green Beans Roll	Red Beans w/ Sausage Seasoned Corn Garlic Bread	Fried Pork Chop Buttered Potatoes Seasoned Spinach Cornbread	Stuffed Bell Pepper Mac-n- Cheese Seasoned Vegetables Roll	Baked Chicken Mashed Potatoes w/ Gravy Seasoned Vegetables Roll		

West Ascension Parish Hospital