

		J&D Catering & Sweets suggested menu July 2026 thru December 2026			
Date	Protien 2-3 oz	Grains 2-3 servings	Fruit / Vegetable 2-3 servings	sauces / condiments	Dessert
1-Jul	3 oz Chicken Breast sauce	2 oz wheat bread	1/2 cup baby red potato 1/2 cup green vegetable	1 oz cream sauce	1/2 cup fruit
15-Jul	3" dia Beef Lasagna 3 oz Beef	1 breadstick 4 oz pasta 2 oz cheese	1 cup lettuce salad 1/2 cup Calfiornia veg	1oz FF dressing 1/2 cup tomato sauce	1/2 cup fruit crisp
5-Aug	3 oz sliced roast beef	2 / 1 oz wheat bread	1/2 cup buttered potato 1/2 cup mixed vegetables 1/2 cup coleslaw	2 oz gravy 1 oz sauce on cabbage	
19-Aug	2 pc Fried Chicken	1 oz sliced bread (chicken breading 1 bread)	1/2 cup mashed potatoe 1/2 cup corn	2 oz gravy	1/2 cup diced peaches
2-Sep	3 oz Baked Ham	2- 1 oz bread	1/2 cup scalloped potatoes 1/2 cup mixed vegetables		oatmeal cookie
16-Sep	3oz Meatloaf	1oz WW bread	1/2 cup skin on potatoes 1/2 cup corn	1 oz ketchup/Brw Sugar glaze	Cherry Fruit Crisp crisp= 1 oz oats
7-Oct	Beef Stew 2 oz cubed beef	2 oz 1 dinner roll	1/2 cup potato in stew 1/2 cup mixed vegetable in stew	1/4 cup gravy	1/2 cup diced pears
21-Oct	3 oz sliced pork loin	2 oz sliced bread	1/2 cup hashbrown casserole 1/2 cup coleslaw	2 oz gravy 1 oz sauce for cabbage	1/2 cup unsweet applesauce
4-Nov	Chicken Noodle Soup 2 oz chicken 2 oz sliced ham sanwich	3 oz cooked noodles 2 oz sliced wheat bread	1 cup lettuce salad 1/2 cup applesauce	1 oz dressing	oatmeal cookie
18-Nov	Sliced Turkey 3oz	1/4 cup sage dressing 1 dinner roll	1/2 cup green bean casserole 1/2 cup mashed potato	1/4 cup turkey gravy	1 slice pumpkin pie (1/10th)
2-Dec	Spaghetti with meat sauce 2 oz ground beef	4 oz pasta 1 breadstick	1 cup lettuce	1 oz FF Dressing 4 oz tomato sauce	1/2 cup fruit cocktail
16-Dec	2 pc Fried Chicken	1 oz sliced bread (chicken breading 1 bread)	1/2 cup mashed potatoe 1/2 cup corn	2 oz gravy	1/2 cup diced peaches
