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July  
2024

# The Parkside Post

## Lifelong Learning

### From Tragedy to Transformation

Roger Dakin will be sharing his story on Monday, July 8, at 2PM at Parkside Apartments, 1 Park Avenue, Hillsboro. The public is welcome!

As a Sedgwick County firefighter in his 20's he had his whole life ahead of him. He had a wife and young daughter and plenty of time to make changes in his choices and life.

That all changed November 1, 1989, when fighting a grass fire he went to the back of his truck. A car, traveling at full highway speed, pinned him to the back of his firetruck. After 17 plus hours of surgeries, Roger lost both of his legs above the knee.

Roger says, 'I lost my legs, my job and nearly my life. For 35 years, God has given me strength to handle this. God's always with me. God didn't just make me shorter that day. He changed me on the inside. He changed my heart and way of thinking.' Come listen to Roger's journey of his life's reawakening.



There is still time to complete the Parkside Survey. To be here and viable for the future, Parkside is looking for input and support. An easy 2-3 minute survey is one way to help!

[www.surveymonkey.com/r/QZT8W7W](http://www.surveymonkey.com/r/QZT8W7W)

# Get to know the Staff: LeAnn Enns

Everyone that comes into the Healthcare/Administration Building is greeted by **LeAnn Enns** at the Reception desk with kindness and a smile. Here is a little more about her.

She grew up just north of Wichita--straight down (south)the 13 mile road and attended Remington High School.

LeAnn attended Tabor after working a year at TG&Y out of High School. After attaining her 2 year degree she was office manager of the Admissions Department of the college and lived in Hillsboro for the next 5-1/2 years.

In 2021 – many years later, things came full circle as she returned to Hillsboro. She married Richard Enns, who is a farmer in the Hillsboro area. She started working at Parkside in July 2022.

LeAnn says, 'I am now the Administrative Assistant and absolutely love working here – serving the residents and the staff. One of the favorite parts of my job, is delivering the mail. This is when I have the opportunity to talk with the residents and hopefully bring a bit of encouragement to their stay at Parkside Homes.'

She has two children and loves family time. One of her favorite weekend activities is to go antiquing. You just never know what treasure you will find at one of those stores!



**LeAnn on Beach Day**



**CNA Week** was celebrated and enjoyed by everyone. Country vs Country Club Day. Beach Day. Pink/Flower Planting Day. Sport Day. Enjoy a few pictures.



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# Learn to know your Neighbors

**Esther Pankratz** was born Esther Loewen in Sterling, Kansas. She moved to Hillsboro when she was 10 and has been here ever since. She married Harold in 1951 at 19. After 2 years in the Army they settled in and raised 1 son and 2 daughters here. They now live in Wichita, Sedgwick and Oklahoma City. Her family is complete with ten grandchildren and spouses and ten great-grandchildren too, ages ranging from 13-23.



Esther potting a plant on Pink/Flower Day

Harold was the first to move to Parkside, then Esther soon followed. She remains and keeps busy. She reads, adult colors, does some embroidery and has quite a green thumb. For many of the nine years she has been a resident of Parkside she tended to the courtyard. Now, at 92, she has downsized to a few pots and her beloved Christmas cactus plants that she pots and starts year round.

Esther likes that Parkside allows her to have her plants and helps her to keep her hobby going. She also loves her room at Park Home 5 that allows for separation between her 'bedroom' and 'living room.' We're so glad you're happy Esther!

## PINK/Breast Cancer Awareness Day



If you or anyone in your family would like to receive *The Parkside Post* via email, please call LeAnn in the office, 620.947.2301, or email Krista Heinrichs at [kristah@parksideks.org](mailto:kristah@parksideks.org).

# CEO Notes

*Parkside Leadership Team put on a Safety and Skills Fair for all team members on Tuesday, June 25th. This was a great time to sharpen everyone's knowledge on Safety topics such as fire safety, chemical safety, transportation safety, and body mechanics for safe lifting. We had infection control education using hand-washing exercises and personal protective equipment education. Dietary presented education on food safety and specialized diets. We also had education and skills check offs for certified and licensed staff pertaining to CNA, CMA, and Nursing skills used in resident care including mechanical lift safety, blood glucose monitoring, IV's and blood draws, medication administration, vital signs and parameters, catheters and hygiene, oxygen, CPAP and respiratory education. We have one more Safety and Skills Fair scheduled for July 9th to ensure that all of our team members have a chance to attend and complete their competency checks. Our goal with this event is to ensure that our staff stay up to date on Parkside's standards for safe and quality care for our residents. We will be making this a recurring event for Parkside.*

*Stephanie Bryant, CEO*  
Parkside Homes Inc.

## July Staff Anniversaries

Melissa Bruce 1 year  
Calleigh Soyez 2 years

Christina Garr 1 year  
LeAnn Enns 2 years

## THANK YOU!



Our local American Legion Post #366 came to visit with our veteran residents.



Friday Eats tour to Lost Springs, KS to the famous Al's Cafe for authentic Mexican food.

***Parkside exists to enrich all we serve with Christ-like compassion, respect, excellence, and integrity.***

**Parkside Homes 200 Willow Road Hillsboro, KS 67063**  
**(620) 947-2301 www.parksideks.org** 

Parkside Homes Life Enrichment  
200 Willow Rd Hillsboro, KS 67063

Contact: (620) 947-2301

# JULY 2024

Sunday

Activities time and day  
subject to change

Local Church  
Service Online

Hillsboro MB  
Church Service at  
3pm in the Main  
Building Dining  
Area

Local Church  
Service Online

Local Church  
Service Online

Monday

10:30am-Devotion  
1:30pm-Bingo @ H5  
2:30pm-Reminisce &  
Games/Popsicles @ H5

**Be a Kid Again Day**  
10:30am-Devotion  
11:00am-Hand Painting  
2:00pm-Speaker  
Roger Dakin @ AL  
3:00pm-Bingo @ H5

**10:00am-Shopping**  
Trip  
1:30pm-Bingo @ H5  
2:30pm-Water Balloon  
Toss

**Denim Day**  
10:30am-Devotion  
1:00pm-Fried Oreos  
1:30pm-Bingo @ H5  
2:30pm-Arts and Craft

10:30am-Devotion  
1:30pm-Bingo @ H5  
2:30pm-Sip and Paint  
@ MB

Tuesday

10:30am-Exercise @ H4  
1:30pm-Bingo @ H4  
2:30pm-Penners

10:30am-Exercise @ H5  
3:00pm-Bingo @ H4

**Nat'l Ice Cream Day**  
10:30am-Exercise @ MB  
1:30pm-Bingo @ H4  
2:00pm-Pet Therapy  
2:30pm-Penners

**Animal Day**  
10:30am-Exercise @ H4  
1pm-Monkey Tails  
1:30pm-Bingo @ H4

10:30am-Exercise @ H5  
1:30pm-Bingo @ H4  
2:30pm-Penners

Wednesday

10:00am-Shirley/Gerald  
3:00pm-  
Let's Embroider @ MB  
3:00pm-Pretty Nails @ MB  
Sharon Haircuts

**10**  
Nat'l Kitten Day  
3:00pm-Library  
Hour  
Sharon Haircuts

**17**  
10:00am-  
**Water Play**  
@ Courtyard  
3:00pm-Pretty Nails @ H4

**Western Day**  
3:00pm-Library Hour  
6:00pm-County Fair  
Parade

**31**  
3:00pm-Pretty Nails  
Sharon Haircuts

Thursday

10:30am-Devotion  
11:00am-  
Make Crullers-MB  
1:30pm-Bingo @ MB  
2:30pm-Watermelon &  
Games @ Courtyard

**4**  
Cow Appreciation Day  
10:00am-Jeremy @ MB  
10:30am-Play Ball @ MB  
1:30pm-Bingo @ MB  
2:30pm-Sip and Paint  
@ MB

**8**  
10:30am-Devotion  
1:30pm-Bingo @ MB  
2:30pm-Resident Council  
@ MB  
3:00pm-Welcome  
Committee Meeting

**25**  
Nat'l Hot Fudge  
Sundae Day/Hat day  
10:30am-Devotion  
1:00pm-Hot Fudge Sundae  
1:30pm-Bingo @ MB

Friday

10:30am-Arts and Craft  
1:00pm-Movie and  
Popcorn  
1:30pm-Root Beer  
Floats

**12**  
**10:30am-Durham**  
Eats Tour  
2:00pm-Movie & Popcorn  
2:00pm-American Legion  
2:30pm-Soft Ice Cream

**19**  
1:00pm-Movie and  
Popcorn  
1:30pm-Root Beer  
Floats

**26**  
Crazy Sock Day  
1:30pm-Birthday Party  
1:00pm-Funnel Cakes  
1:30pm-Movie &  
Popcorn

Saturday

Independent Leisure

Independent Leisure

Independent Leisure

Independent Leisure

## - COUNTY FAIR: FARMER PRIDE WEEK -

**Happy Birthday**  
Laura Bishop, 4  
Esther Wiebe, 5  
James Halydier, 9  
Paul Klassen, 26

**Happy Birthday Staff**  
Susan Weber, 6 Michelle Lynn Reed, 10  
Adrienne Hardey, 13 Stephanie Bryant, 16  
Juanita Ponce, 19 Holly Gilbert, 21  
Jessica Walker, 31

# JULY 2024

## Park Village Activities



**Resident Birthdays**  
 Sharon Layden-July 4  
 Lynford Becker-July 6  
 LaNorma Kreuziger-July 6  
 Irma Koop-July 16

**Staff Birthdays**  
 Susan W-- July 6  
 Michelle R-July 10  
 Adrienne H-July 13



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
7 3:00 Coffee	8 10:00 Coffee <b>2:00 Lifelong Learning—Roger Dakin</b> 3:00 Exercise Class 7:00 Game Night	9 7:00 Dollar General 10:00 Men's Bible Study 10:00 Coffee 2:00 Recycle Pick Up 3:00 Birthday Party	10 8:00 Dale's Shopping 10:00 Coffee 12:00 Piano by Anita 2:00 Bible Study w/Betty	11 10:00 Coffee 7:00 Game Night	12 10:00 Coffee 2:00 BINGO	13 10:00 Coffee 2:00 Movie & Popcorn	
14 3:00 Coffee	15 10:00 Coffee 3:00 Exercise Class 7:00 Game Night	16 7:00 Dollar General 10:00 Men's Bible Study 10:00 Coffee 2:00 Recycle Pick Up	17 8:00 Dale's Shopping 10:00 Coffee 12:00 Piano by Anita 2:00 Bible Study w/Betty	18 10:00 Coffee 7:00 Game Night	19 10:00 Coffee 2:00 BINGO	20 10:00 Coffee 2:00 Movie & Popcorn	
21 3:00 Coffee	22 10:00 Coffee 3:00 Exercise Class 7:00 Game Night	23 7:00 Dollar General 10:00 Men's Bible Study 10:00 Coffee 2:00 Recycle Pick Up	24 8:00 Dale's 10:00 Coffee 12:00 Piano by Anita 2:00 Bible Study w/Betty <b>6:00 Fair Parade</b>	25 10:00 Coffee 7:00 Game Night	26 10:00 Coffee 2:00 BINGO	27 10:00 Coffee 2:00 Movie & Popcorn	
28 3:00 Coffee	29 10:00 Coffee 3:00 Exercise Class 7:00 Game Night	30 7:00 Dollar General 10:00 Men's Bible Study 10:00 Coffee 2:00 Recycle Pick Up 1:30 Resident Council	31 8:00 Dale's Shopping 10:00 Coffee 12:00 Piano by Anita 2:00 Bible Study w/Betty	<b>Marion County Fair Week</b>			

# July 2024

	Monday July 1	Tuesday July 2	Wednesday July 3	Thursday July 4	Friday July 5	Saturday July 6
	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
	Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Egg 2 strips Bacon or Sausage Glazed Donut	Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Egg 2 strips Bacon or Sausage 2 sl Toast	Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Egg 2 strips Bacon or Sausage 2 sl Toast	Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Egg 2 strips Bacon or Sausage Pancakes	Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Egg 2 strips Bacon or Sausage Sausage Gravy (RG7) Biscuit	Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Eggs 2 strips Bacon or Sausage Assorted Muffins
	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
	Sweet & Sour Pork Asian Vegetables Steamed White Rice Egg Roll Blueberries & Strawberries Ice Cream Fortune Cookie	Country Fried Steak (RG7) Country Gravy Mashed Potatoes (RG7) Green Beans w/ Bacon & Onion (RG7) Dinner Roll/Margarine (RG7) Fresh Apple Cinnamon Sugar Blondie Bar	Sour Cream & Chicken Enchilada Chips & Salsa Avocado Pico Salad Peaches Strawberry Cheesecake	Beef Steak Salad Garlic Knot (RG7) Berries Coconut Cream Pie	Bratwurst on Bun (RG7) Homemade Potato Salad Coleslaw Pineapple Strawberry Cake	Honey Thyme Pork Tenderloin (RG7) Texas Potatoes (RG7) Buttered Carrots (A) (RG7) Waldorf Salad Chocolate Chip Cookie Bar
	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>
	Grilled Reuben Sandwich on Marble Rye Potato Chips Cucumber Dill Salad (RG7) Black Forest Cake Mandarin Oranges & Bananas (RG7)	Breakfast Pizza (RG7) Pea Salad Fresh Grapes Oatmeal Raisin Cookies	Popcorn Shrimp Waffle Fries Breaded Okra Pears Brownie Sundae	Pulled Pork Baked Beans Corn Salad Citrus Fruit Cup Blueberry Lemon Crumble	Chicken Caesar Wrap Dill Pickle Spear (RG7) Italian Pasta Salad Banana Goopy Butter Cookies (RG7)	Beefy Ziti Bake Italian Blend Vegetables (A) (RG7) Fresh Orange Angel Peach Dessert (FR)

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# July 2024

Sunday July 7	Monday July 8	Tuesday July 9	Wednesday July 10	Thursday July 11	Friday July 12	Saturday July 13
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Eggs 2 strips Bacon or Sausage Parkside Cinnamon Roll	Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Eggs 2 strips Bacon or Sausage 2 sl Toast Danish	Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Eggs 2 strips Bacon or Sausage 2 sl Toast	Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Eggs 2 strips Bacon or Sausage Pancakes Margarine/Syrup	Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Eggs 2 strips Bacon or Sausage Sausage Gravy (RG7) Biscuit	Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Eggs 2 strips Bacon or Sausage Sausage Gravy (RG7) Biscuit	Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Eggs 2 strips Bacon or Sausage
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Fried Chicken Mashed Potatoes & Gravy (RG7) Country Green Beans with Bacon & Onion (RG7) Dinner Roll/Margarine (RG7) Mixed Berries Peach Pie	Parkside Bierocks Baby Bakers Creamed Peas Fresh Apple Slices Chocolate Fluff Dessert	Baked Sausage Casserole Candied Carrots (A) (RG7) Sliced Oranges Layer Bars	Asian Chicken Salad Bread Stick Strawberries & Whipped Topping Cream Cheese Clouds	Fried Shrimp Rice Pilaf (RG7) Creamy Coleslaw (RG7) Fresh Grapes German Chocolate Cake	Grilled BBQ Chicken Homemade Potato Salad Baked Beans Fresh Melon Peach Kuchen Bars	Parkside Homemade Lasagna Mixed Vegetables Pineapple Tidbits Cheesecake Pie (RG7)
<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>
Ham & Cheese Sliders (RG7) Ranch Pasta Salad Pickled Beets (RG7) Strawberries & Bananas Goosey Butter Cookies (RG7)	Turkey Salad Wrap/Sandwich Seasoned Tater Tots Caesar Salad (RG7) Lime Mist Salad	Super Beef & Bean Nachos Fiesta Corn Salad Peaches Smores Bar	Roast Beef & Swiss Sandwich Potato Wedges Ranch Vegetable Salad (A) Mandarin Orange Sections Cookies N Cream Cake	Chicken Salad Sandwich Potato Chips Cucumber Dill Salad (RG7) Ice Cream with Fruit (FR) (RG7)	Pigs in a Blanket Macaroni & Cheese Parkside Homes Diced Tomato Salad Emerald Pears Cream Cheese Cupcake	Grilled Cheese Sandwich (RG7) French Fries (RG7) Three Bean Salad (RG7) Waldorf Salad Peanut Butter Brownie

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# July 2024

Sunday July 14	Monday July 15	Tuesday July 16	Wednesday July 17	Thursday July 18	Friday July 19	Saturday July 20
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Assorted Juice Choice of Hot or Cold Cereal (RG7) Scrambled Eggs 2 strips Bacon or Sausage Parkside Cinnamon Roll (or) Toast	Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Eggs 2 strips Bacon or Sausage Cheese Omelet (RG7) 2 sl Toast	Assorted Juice Choice of Cold Cereal Choice of Eggs 2 strips Bacon or Sausage French Toast (RG7)	Assorted Juice Choice of Hot or Cold Cereal (RG7) 2 strips Bacon or Sausage Choice of Eggs 2 sl Toast	Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Eggs 2 strips Bacon or Sausage Fluffy Pancakes (or) Toast	Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Eggs 2 strips Bacon or Sausage Sausage Gravy (RG7) Biscuit (or) Toast	Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Eggs 2 strips Bacon or Sausage Assorted Muffins (or) Toast
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Fried Chicken Homemade Mashed Potatoes Chicken Gravy Country Green Beans with Bacon & Onion (RG7) Dinner Roll/Margarine (RG7) Fruit Yogurt Salad Blackberry Pie	Roast Beef (RG7) Baked Potato w/Sour Cream & Margarine (RG7) Brussel Sprouts (RG7) Fresh Apple Slices Fruit Cobbler (FR) (RG7)	Tex Mex Chicken Chopped Salad (A) Herbed Dinner Roll Fresh Grapes Banana Split Cake	Bubble & Squeak (RG7) Cheddar Cheese Combread Blueberries Pineapple Lemon Bar	Chicken Parmesan Asparagus Tips Garlic Toast (RG7) Chilled Peaches Fruit Crisp (FR) (RG7)	Grilled Cheeseburger on a Bun Grilled Hot Dog on Bun Homemade Potato Salad Baked Beans Strawberry Shortcake (FR)	Cuban Style Pork Chop Red Beans & Rice Spinach Bake Combread/Margarine (RG7) Apricots (A) Pina Colada Cheesecake Mousse (RG7)
<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>
Beef Goulash Buttered Peas (RG7) Cheesy Garlic Toast Ambrosia (FR) (RG7)	Turkey Club on Croissant Cheese Puffs Creamy Cucumber & Onion Salad Sliced Oranges No Bake Cookies	Flatbread Pizza Italian Tossed Salad (RG7) Breadstick Chilled Pears Sherbet (RG7)	Classic Patty Melt (RG7) Parmesan Garlic Steak Fries Creamy Sweet Corn Rosy Applesauce Chocolate Pudding (RG7)	Chicago Style Bratwurst on Bun Coleslaw Tater Tots (RG7) Banana Frosted Cake	Tuna Salad Sandwich Baked Potato Chips Pickled Beets Mixed Fruit Cup with Whipped Topping (RG7) Iced Orange Drop Cookies	BBQ Meatballs Classic Macaroni Salad Marinated Tomato Salad (RG7) Yogurt Parfait w/ Berries & Granola (FR)

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# July 2024

Sunday July 21	Monday July 22	Tuesday July 23	Wednesday July 24	Thursday July 25	Friday July 26	Saturday July 27
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Eggs 2 strips Bacon or Sausage Cinnamon Roll (RG7)	Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Eggs 2 strips Bacon or Sausage French Toast (RG7) Margarine/Syrup	Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Eggs 2 strips Bacon or Sausage 2 sl Toast	Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Eggs 2 strips Bacon or Sausage 2 sl Toast	Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Eggs 2 strips Bacon or Sausage Pancakes Margarine/Syrup	Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Eggs 2 strips Bacon or Sausage Sausage Gravy (RG7) Biscuit	Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Eggs 2 strips Bacon or Sausage Breakfast Muffin
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Fried Chicken Mashed Potatoes & Gravy (RG7) Buttered Corn (RG7) Dinner Roll/Margarine (RG7) Creamy Fruit Salad (FR) Apple Crumb Pie	Braised Beef Tips with Gravy Scalloped Potatoes Garlic Green Beans (RG7) Honey Butter Dinner Roll Fresh Grapes Daffodil Cake (RG7)	Chicken Alfredo Over Fettuccini Italian Blend Vegetables (A) (RG7) Fresh Strawberries Garlic Bread (RG7) Fresh Strawberries Cheesecake	Honey Glazed Pork Loin Roasted Sweet Potatoes (A) Crunchy Cabbage Bake Dinner Roll/Margarine (RG7) Fruit Salad Peanut Butter Bar	Beef & Broccoli Stir Fry Fried Rice Carrots (A) Egg Roll Pears Parkside Honeybun cakes	Grilled Chicken Cobb Salad Breadstick Berries Glazed Lemon Cake	Glazed Ham with Pineapple Herb Stuffing Broccoli Cauliflower Blend (A) Dinner Roll/Margarine (RG7) Apple Snickers Salad (FR)
<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>
Ham Salad Sandwich Potato Wedges Breaded Zucchini Sticks Fresh Fruit Cup (RG7) Pudding Parfait	DelI Meat & Cheese Sandwich Potato Chips Cucumber & Carrot Salad Rosy Pears Rice Krispie Treat	Sloppy Joe Cheese Puffs Tossed Salad/Dressing Fruit Fluff (FR)	Chicken Salad Wrap BLT Pasta Salad Fried Okra Fresh Apple Ice Cream Sundae	Homemade Cream of Tomato Soup (RG7) Herbed Grilled Cheese Sandwich Tater Tots Fruited Gelatin with Peaches	BBQ Pork Riblette Garlic Red Roasted Potatoes (RG7) Fresh Vegetable Sticks Fresh Orange Wedges Cream Cheese Brownie (RG7)	Chicken Tenders Dipping Sauce Steak Fries Apple Cabbage Salad Tropical Fruit Salad Peanut Butter Cookies

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# July 2024

Sunday July 28	Monday July 29	Tuesday July 30	Wednesday July 31
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Eggs 2 strips Bacon or Sausage Cinnamon Roll (RG7)	Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Eggs 2 strips Bacon or Sausage Waffles (RG7) Margarine/Syrup	Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Eggs 2 strips Bacon or Sausage 2 sl Toast	Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Eggs 2 strips Bacon or Sausage 2 sl Toast
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Fried Chicken Mashed Potatoes & Gravy (RG7) Garlic Green Beans Dinner Roll/Margarine (RG7) Sunday Fruit Salad Cherry Pie	Beef Stroganoff over Noodles (RG7) Creamed Spinach (A) Dinner Roll/Margarine (RG7) Pineapple Texas Sheet Cake	Chef's Salad Cheese Bread Stick Fresh Grapes Butterscotch Layer Dessert	Buttermilk Ranch Chicken Au Gratin Potatoes Cauliflower w/Red Pepper Dinner Roll/Margarine (RG7) Emerald Pears Hummingbird Cake (RG7)
<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>
BLT Sandwich (RG7) Cheese Puffs Layer Salad Chilled Peaches Cheesecake Dessert (RG7)	Country Style BBQ Ribs Carrot Salad (A) Garden Pasta Salad Fresh Apple Slices Raspberry Dream Cake	Shredded Beef Chimichangas Mexican Rice Refried Beans Berries Tres Leches Cake	Egg Salad Cold Plate Crackers (RG7) Cucumber Dill Salad (RG7) Banana Half Apple Turnover

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