



JULY 2010

MON TUE WED THU FRI

			1 Grilled Chicken Breast 5★ Minestrone Soup 2★	2 Turkey Burger 6★
5 QRC Closed <i>In Observance of Independence Day</i>	6 Tuna Salad on Wheat 5★ Tomato Soup 2★	7 Santa Fe Chicken Melt w/Guacamole 6★	8 Beef Taco 5★	9  QRC Summer Picnic at Rauhley Park in Archbold, Ohio
12 Chicken Parmesan w/Spaghetti 7★ Chicken Noodle Soup 2★	13 Crab Salad 5★	14 Chicken & Mozzarella Panini 3★	15 Meat Loaf 3★ Mashed Potatoes 2★	16 Baked Potato w/Broccoli & Cheese 6★
19 Chicken Stir Fry w/Rice 6★ Pasta Fagoli Soup 2★	20 Cheese Stuffed Shells 3★	21 Corn Meal Crusted Tilapia Sandwich 5★	22 Chicken BBQ Wrap 7★	23 Fish Taco 4★
26 Baked Cod 2★ Vegetable 0★ Vegetable Soup 2★	27 Lime Chicken & Spanish Rice 6★	28 Turkey Rueben 6★	29 Spinach Lasagna 6★	30 Salmon Patty w/Dill Sauce 5★

DAILY ALA CARTE CHOICES

All Sandwiches Served on Wheat Buns or Wheat Bread

- Cheeseburger (6★)...\$1.50
- Turkey Burger (6★)...\$1.75
- Grilled Chicken Breast (5★)...\$1.75
- Garden Burger (5★)...\$1.50
- Ham (Subway® Restaurant Style) (5★)...\$1.75
- Turkey (Subway® Restaurant Style) (4★)...\$1.75
- Grilled Cheese (4★)...\$1.00
- Fish (5★)...\$1.75
- Grilled Chicken Salad (4★)...\$2.75
- Wheat Burrito (6★)...\$1.50
- Chicken Quesadilla (5★)...\$1.50
- Chicken Taco (5★)...\$1.50
- Wheat Pizza (6★)...\$1.50
- Baked Potato w/ Fat Free Cheese & Reduced Fat Sour Cream (4★)...\$1.00
- Light Salad Dressing 2 tbsp. 2★
- Red. Fat Sour Cream 2 tbsp. 1★
- 1 Slice of Cheese 2★
- 5-Day Meal Ticket.....\$17.50**