

## Tuesday, July 1

- Beef Stir- Fry
- Broccoli
- Orange
- Whole Grain Noodles

## Wednesday, July 2

- Baked Chicken
- White Beans
- Baked Yams
- Tangerine

## Thursday, July 3

- Fish Almandine
- Garlic Spinach
- Pineapple & Papaya
- Quinoa

## Friday, July 4

**CLOSED FOR HOLIDAY**

## Monday, July 7

- Beef Fajitas
- Corn
- Green Beans
- Tortilla

## Tuesday, July 8

- Chicken Chile Verde
- Pinto Beans
- Cantaloupe
- Brown Rice

## Wednesday, July 9

- Fish Piccata
- Sautéed Bell Peppers
- Pineapple & Papaya
- Whole Grain Pasta

## Thursday, July 10

- Beef Stew
- Garlic Kale
- Honey Dew Melon
- Brown Rice

## Friday, July 11

- Poblano Creamy Chicken
- Green Beans
- Orange
- Whole Grain Pasta

## Monday, July 14

- Chicken Tikki Masala
- Roasted Eggplant
- Cantaloupe
- Brown Rice

## Tuesday, July 15

- Lemon Glazed Fish
- Sweet Potato Mash
- Pineapple & Papaya
- Quinoa

## Wednesday, July 16

- Beef & Broccoli
- Bok Choy
- Honey Dew Melon
- Brown Rice

## Thursday, July 17

- Chicken Primavera
- Green Peas
- Tangerine
- Whole Grain Pasta

## Friday, July 18

- Beef Chile Colorado
- Black Beans
- Zucchini
- Kiwi

## Monday, July 21

- Fish w/ Garlic Sauce
- Spinach
- Orange
- Quinoa

## Tuesday, July 22

- Carne Asada
- Refried Beans
- Chayote w/ Onions & Tomatoes
- Tortillas

## Wednesday, July 23

- Sesame Chicken
- Parsnips
- Cantaloupe
- Whole Grain Noodles

## Thursday, July 24

- Meatloaf
- Mashed Potatoes
- Pineapple & Papaya
- Whole Grain Roll

## Friday, July 25

- Chicken Pesto
- Carrots
- Honeydew Melon
- Whole Grain Pasta

## Monday, July 28

- Pepper Steak
- Green Beans and Mushrooms
- Bok Choy
- Whole Grain Dinner Roll

## Tuesday, July 29

- Chicken Tinga
- Roasted Corn
- Cantaloupe
- Brown Rice

## Wednesday, July 30

- White Fish
- Carrots
- Quinoa
- Orange

## Thursday, July 31

- Chicken Enchiladas
- Black Beans
- Kiwi
- Tortilla

• Menu subject to change  
• \$3 suggested donation

