

Monday, August 3

- Beef Fajitas
- Corn
- Green Beans
- Whole Grain Tortilla

Tuesday, August 4

- Chicken Chile Verde
- Pinto Beans
- Garlic Zucchini
- Spanish Brown Rice

Wednesday, August 5

- Fish Picatta
- Sauteed Bell Peppers
- Coleslaw
- Quinoa

Thursday, August 6

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

Friday, August 7

- Turkey Bolognese
- Broccoli
- Mushrooms
- Whole Grain Pasta

Monday, August 10

- Chicken Tikka Masala
- Roasted Eggplant
- Cantaloupe
- Brown Rice Pilaf

Tuesday, August 11

- Lemon Fish
- Carrots
- Kale Salad
- Minestrone Soup

Wednesday, August 12

- Beef & Broccoli
- Bok Choy
- Honeydew Melon
- Brown Rice

Thursday, August 13

- Chicken Primavera
- Green Peas
- Caesar Salad
- Whole Grain Pasta

Friday, August 14

- Beef Chili
- Black Beans
- Zucchini w/ Herbs
- Fruit

Monday, August 17

- Fish w/ Garlic
- Spinach
- Corn
- Orange

Tuesday, August 18

- Carne Asada
- Refried Beans
- Cayote w/ Onions
- Fruit

Wednesday, August 29

- Sesame Chicken
- Bamboo Shoots
- Whole Grain Noodles
- Cantaloupe

Thursday, August 20

- Meatloaf
- Vegetable Medley
- Mashed Potatoes
- Pineapple

Friday, August 21

- Chicken Pesto
- Carrots
- Broccoli Slaw
- Apple

Monday, August 24

- Pepper Steak
- Green Beans w/ Mushrooms
- Bok Choy
- Whole Grain Roll

Tuesday, August 25

- Chicken Tinga
- Roasted Corn
- Cantaloupe
- Brown Rice

Wednesday, August 26

- White Fish w/ Lemon
- Carrots
- Herbed Lentils
- Quinoa

Thursday, August 27

- Chile Verde Chicken
- Yellow Squash
- Cabbage Slaw
- Banana

Friday, August 28

- Beef w/ Onions
- Steamed Kale
- Roasted Potatoes
- Spring Salad

Monday, August 31

- Turkey Picadillo
- Pinto Beans
- Yellow Squash
- Orange

Tuesday, September 1

- Blackened Fish
- Fideo Soup
- Green Peas
- Coleslaw

Wednesday, September 2

- Turkey Meatballs
- Sauteed Spinach
- Caesar Salad
- Fruit

Thursday, September 3

- Mediterranean Lentils
- Broccoli
- Carrots
- Pita Bread

- Menu subject to change
- \$3 suggested donation

