

Wednesday, July 1

- **Beef Stroganoff**
- Carrots
- Mesclun Salad
- Whole Grain Noodles

Thursday, July 2

- **BBQ Chicken**
- Baked beans
- Tri Color Coleslaw
- Melon

Friday, July 3 CLOSED FOR 4TH OF JULY

Monday, July 6

- **Turkey Burger**
- Baked Beans
- Carrots
- Whole Grain Bun

Tuesday, July 7

- **Beef Stew**
- Mashed Potatoes
- Green Peas & Onions
- Whole Grain Roll

Wednesday, July 8

- **Chicken Mole**
- Squash Medley
- Spring Salad
- Brown Rice

Thursday, July 9

- **Baked Fish w/ Garlic Marsala Sauce**
- Herbed Cannellini Beans
- Broccoli Sala
- Vegetable Soup

Friday, July 10

- **Southwest Chicken**
- Shredded Cabbage
- Marinated Bell Pepper
- Whole Grain Roll

Monday, July 13

- **Vegetarian Chili**
- Broccoli
- Mixed Green Salad
- Quinoa Pilaf

Tuesday, July 14

- **Chinese Chicken Salad**
- Mixed Green Salad
- Carrot Pineapple Slaw
- Egg Drop Soup

Wednesday, July 15

- **Potato Crusted Pollock**
- Herbed Lentils
- Orange
- Whole Grain Bun

Thursday, July 16

- **Turkey Meatloaf**
- Corn
- Spinach Kale Salad
- Fruit

Friday, July 17

- **Asian Beef Stir Fry**
- Mixed Asian Vegetable
- Romaine Salad w/ Dressing
- Mango Fruit Cup

Monday, July 20

- **Tuna Salad Plate**
- Creamy Coleslaw
- Potato Salad
- Tomato soup

Tuesday, July 21

- **Linguine w/ Meat Sauce**
- Broccoli
- Fruit
- Chopped Kale Salad

Wednesday, July 22

- **Tandoori Chicken**
- Peas & Corn
- Spinach Salad
- Wildlife Pilaf

Thursday, July 23

- **Beef Fajita**
- Pinto Beans
- Spring Salad
- Tortilla

Friday, July 24

- **Greek Chicken**
- Quinoa
- Dill Cucumber Salad
- Roasted Carrots w/ Herbs

Monday, July 27

- **Turkey Enchilada**
- Beans
- Mesclun Salad
- Spanish Brown Rice

Tuesday, July 28

- **Beef Meatloaf**
 - Mashed Potatoes
 - Green Beans w/ Herbs
 - Whole Grain Roll
- ### Wednesday, July 29

- **Baked Fish Jambalaya**
- Carrots
- Broccoli Slaw
- Brown Rice Pilaf

Thursday, July 30

- **BBQ Pulled Chicken**
- Roasted Brussels Sprouts
- Kale Chopped Salad
- Apple

Friday, July 31

- **Chick Chana Masala**
- Sweet Potato
- Spinach Salad
- Whole Grain Couscous

- **Menu subject to change**
- **\$3 suggested donation**

