

*Sides may change based on freshness and availability

summer lunch menu } june 2017 july 2017 august 2017

monday	tuesday	wednesday	thursday	friday
			June 1st Beef Tacos <i>Boca Tacos</i> Squash Medley Pineapple Flour Tortilla	June 2nd Pizza Muffin Cucumber Cantaloupe
June 5th Roast Turkey w/ Hawaiian Sauce <i>Roasted Tofurkey</i> Green Beans Fruit Salad Whole Grain Bread	June 6th Chicken Teriyaki <i>Tofu Teriyaki</i> Cucumber Cantaloupe Chunks Brown Rice	June 7th Beef Burger <i>Veggie Burger</i> Mashed Sweet Potatoes Honeydew Hamburger Bun	June 8th Fish Tenders <i>Veggie Nuggets</i> Broccoli Orange Slices Whole Grain Bread	June 9th Turkey Meatballs <i>Meatballs</i> Mashed Potatoes Orange Slices Hamburger Bun
June 12th Chicken Nuggets <i>Veggie Nuggets</i> Peas Cantaloupe Chunks Whole Grain Bread	June 13th Bean & Cheese Burrito Cucumber Fruit Salad	June 14th Sweet Apple Chicken Curry <i>Sweet Apple Tofu Curry</i> Green Beans Orange Slices Brown Rice	June 15th Creamy Mac & Cheese Broccoli Honeydew Chunks	June 16th Chicken Fajitas <i>Veggie Fajitas</i> Refried Beans Pineapple Chunks Flour Tortillas
June 19th Cheese Ravioli Broccoli Apple Slices	June 20th Turkey Kefte <i>Veggie Kefte</i> Glazed Carrots Honeydew Chunks Pita	June 21st BBQ Chicken <i>BBQ Tofu</i> Mashed Potatoes Fruit Salad Corn Bread	June 22nd Cheesy Pizza Muffins Cucumber Slices Orange Slices	June 23rd Penne Pasta Marinara w/ Mozzarella Cucumber Slices Applesauce
June 26th Sweet & Sour Chicken <i>Sweet & Sour Tofu</i> Broccoli Orange Slices Brown Rice	June 27th Beef Sloppy Joe <i>Veggie Sloppy Joe</i> Green Beans Pineapple Chunks Hamburger Bun	June 28th Turkey Tacos <i>Boca Tacos</i> Glazed Carrots Cantaloupe Chunks Flour Tortilla	June 29th Lemon Chicken <i>Lemon Tofu</i> Roasted Sweet Potatoes Honeydew Chunks Whole Grain Roll	June 30th Spiral Pasta w/ Tomato Cream Sauce & Mozzarella Cucumbers Applesauce

nut free kitchen!
 scratch cooking

