

\*Sides may change based on freshness and availability

## summer lunch menu

June 2017  
July 2017  
August 2017

monday	tuesday	wednesday	thursday	friday
<b>July 3rd</b> Roast Turkey w/ Hawaiian Sauce <i>Roasted Tofurkey</i> Green Beans Fruit Salad Whole Grain Bread	<b>July 4th</b> Chicken Teriyaki <i>Tofu Teriyaki</i> Cucumber Cantaloupe Chunks Brown Rice	<b>July 5th</b> Beef Burger <i>Veggie Burger</i> Mashed Sweet Potatoes Honeydew Hamburger Bun	<b>July 6th</b> Fish Tenders <i>Veggie Nuggets</i> Broccoli Orange Slices Whole Grain Bread	<b>July 7th</b> Turkey Meatballs <i>Meatballs</i> Mashed Potatoes Orange Slices Hamburger Bun
<b>July 10th</b> Chicken Nuggets <i>Veggie Nuggets</i> Peas Cantaloupe Chunks Whole Grain Bread	<b>July 11th</b> Bean & Cheese Burrito Cucumber Fruit Salad	<b>July 12th</b> Sweet Apple Chicken Curry <i>Sweet Apple Tofu Curry</i> Green Beans Orange Slices Brown Rice	<b>July 13th</b> Creamy Mac & Cheese Broccoli Honeydew Chunks	<b>July 14th</b> Chicken Fajitas <i>Veggie Fajitas</i> Refried Beans Pineapple Chunks Flour Tortillas
<b>July 17th</b> Cheese Ravioli Broccoli Apple Slices	<b>July 18th</b> Turkey Kefte <i>Veggie Kefte</i> Glazed Carrots Honeydew Chunks Pita	<b>July 19th</b> BBQ Chicken <i>BBQ Tofu</i> Mashed Potatoes Fruit Salad Corn Bread	<b>July 20th</b> Penne Pasta Marinara w/ Mozzarella Green Beans Orange Slices	<b>July 21st</b> Cheesy Pizza Muffins Cucumber Slices Applesauce
<b>July 24th</b> Sweet & Sour Chicken <i>Sweet &amp; Sour Tofu</i> Broccoli Orange Slices Brown Rice	<b>July 25th</b> Beef Sloppy Joe <i>Veggie Sloppy Joe</i> Green Beans Pineapple Chunks Hamburger Bun	<b>July 26th</b> Turkey Tacos <i>Boca Tacos</i> Glazed Carrots Cantaloupe Chunks Flour Tortilla	<b>July 27th</b> Spiral Pasta w/ Tomato Cream Sauce & Mozzarella Cucumber Honeydew Chunks Whole Grain Roll	<b>July 28th</b> Lemon Chicken <i>Lemon Tofu</i> Roasted Potatoes Applesauce Whole Grain Roll
<b>July 31st</b> Roast Turkey w/ Hawaiian Sauce <i>Roasted Tofurkey</i> Green Beans Fruit Salad Whole Grain Bread				

This Way  
→  
Kitchen

nut free kitchen!  
scratch cooking