

*Sides may change based on freshness and availability

GourmetGorilla™

summer lunch menu } june 2017 july 2017 august 2017

monday	tuesday	wednesday	thursday	friday
	August 1st Chicken Teriyaki <i>Tofu Teriyaki</i> Cucumber Cantaloupe Chunks Brown Rice	August 2nd Beef Burger <i>Veggie Burger</i> Mashed Sweet Potatoes Honeydew Hamburger Bun	August 3rd Fish Tenders <i>Veggie Nuggets</i> Broccoli Orange Slices Whole Grain Bread	August 4th Turkey Meatballs <i>Meatballs</i> Mashed Potatoes Orange Slices Hamburger Bun
August 7th Chicken Nuggets <i>Veggie Nuggets</i> Peas Cantaloupe Chunks Whole Grain Bread	August 8th Bean & Cheese Burrito Cucumber Fruit Salad	August 9th Sweet Apple Chicken Curry <i>Sweet Apple Tofu Curry</i> Green Beans Orange Slices Brown Rice	August 10th Creamy Mac & Cheese Broccoli Honeydew Chunks	August 11th Chicken Fajitas <i>Veggie Fajitas</i> Refried Beans Pineapple Chunks Flour Tortillas
August 14th Cheese Ravioli Broccoli Apple Slices	August 15th Turkey Kefte <i>Veggie Kefte</i> Glazed Carrots Honeydew Chunks Pita	August 16th BBQ Chicken <i>BBQ Tofu</i> Mashed Potatoes Fruit Salad Corn Bread	August 17th Penne Pasta Marinara w/ Mozzarella Green Beans Orange Slices	August 18th Cheesy Pizza Muffins Cucumber Slices Applesauce
August 21st Sweet & Sour Chicken <i>Sweet & Sour Tofu</i> Broccoli Orange Slices Brown Rice	August 22nd Beef Sloppy Joe <i>Veggie Sloppy Joe</i> Green Beans Pineapple Chunks Hamburger Bun	August 23rd Turkey Tacos <i>Boca Tacos</i> Glazed Carrots Cantaloupe Chunks Flour Tortilla	August 24th Spiral Pasta w/ Tomato Cream Sauce & Mozzarella Cucumber Honeydew Chunks Whole Grain Roll	August 25th Lemon Chicken <i>Lemon Tofu</i> Roasted Potatoes Applesauce Whole Grain Roll
August 28th Roast Turkey w/ Hawaiian Sauce <i>Roasted Tofurkey</i> Green Beans Fruit Salad Whole Grain Bread	August 29th Chicken Teriyaki <i>Tofu Teriyaki</i> Cucumber Cantaloupe Chunks Brown Rice	August 30th Beef Burger <i>Veggie Burger</i> Mashed Sweet Potatoes Honeydew Hamburger Bun	August 31st Fish Tenders <i>Veggie Nuggets</i> Broccoli Orange Slices Whole Grain Bread	

This Way
→
Kitchen

nut free kitchen!
scratch cooking