

JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 COR, MOD, REN, VEG: Wild Rice, mushroom & bean burger w/ Salsa. Calabacitas, Jicama Coleslaw</p>	<p>2 COR, MOD, REN: Marinated Turkey Tenderloins VEG: Sicilian Rice w/ Tofu, White Rice, Sugar Snap Peas, Green Bean & Grated Carrot Salad</p>	<p>3 COR, MOD, REN: Baked Tilapia w/ Lemon Butter or Baked Lemon Chicken; VEG: Sun-Dried Tomato Fritatta; Whipped Yams, Sautéed Cabbage & Kale; Pea & Radish Salad</p>	<p>4 COR, MOD, REN: BBQ Chicken Thighs; VEG: BBQ Tofu; California Vegetable Medley; Potato Salad Happy Independence Day!</p>	<p>5 COR, MOD, REN: Beef Tenderloin w/ Herbs or Chicken w/ Herbs; VEG: Butterbeans, Garlic, Lemon & Herbs; Roasted Potatoes, Mixed Vegetables; Kale, Apple & Purple Cabbage Salad</p>
<p>8 COR, REN: Salmon & Whitefish Cakes; MOD & VEG: Vegan "Crab" Cakes; Brown & Wild Rice, Peas w/ Dill & Onions; Watermelon, Cucumber & Mint Salad</p>	<p>9 COR, MOD, REN: Coconut Lime Turkey, VEG: Chickpea Coconut Curry; Multi-Colored Quinoa; Roasted Bok choy; Creamy Broccoli Soup</p>	<p>10 COR, MOD, REN: Chicken Shawarma w/ Millet Pilaf; VEG: Artichoke Tank w/ Polenta Crust; Steamed Asparagus; Beet & Carrot Salad</p>	<p>11 COR, MOD, REN: Ham or Chicken w/ Pasta & Vegetables; VEG: Soy curts w/ Pasta & Vegetables; Cucumbers & Tomatoes; Silky Zucchini Soup</p>	<p>12 COR, MOD, REN, VEG: Zucchini "Meatballs", Spaggetti, Marinara; Roasted Carrots, Onions & Fennel; Classic Wedge Salad w/ Dressing</p>
<p>15 COR, MOD, REN: Chicken & Snow Peas; VEG: Spinach & Egg Pie; Rice, Maple-Glazed Carrots; Orange & Greens Salad</p>	<p>16 COR, MOD, REN: Fish Sticks or Chicken Nuggets; VEG: Soy "Chicken" Nuggets; French Fries, Peas; Vegetable Minestrone Soup</p>	<p>17 COR & VEG: Cheese Tortellini w/ Pesto & Vegetables; MOD & REN: Pasta Pesto, Artichoke, Bean & Vegetables; Broccoli w/ Balsamic Marinade; Basil, Beet, Corn, Carrot, Spinach Salad</p>	<p>18 COR, MOD, REN: Beef Taco Salad or VEG option: Pea Crumble Taco Salad; Tortilla Chips; Gazpacho or Chilled Cucumber Soup</p>	<p>19 COR, MOD, REN: Asian Turkey & Noodle w/ Bok Choy; VEG: Asian Tofu & Noodle w/ Bok Choy; Roasted Zucchini; Thai Cucumber Salad</p>
<p>22 COR, MOD, REN: Pork Gremolata or Chicken Gremolata; VEG: Greek Lemon Mint Beans; Roasted Sweet Potatoes, Summer Squash; Arugula Salad w/ Lemon Balsamic Vinaigrette</p>	<p>23 COR, MOD, REN, VEG: Summer Vegetable Gratin, Quinoa; Creamy Mint Pea Soup</p>	<p>24 COR, MOD, REN: Hawaiian Chicken w/ Peppers & Onions; VEG: Hawaiian Soy Curls; White Rice, Sautéed Snow Peas; Jicama Mandarin Salad</p>	<p>25 COR, MOD, REN: Tuna Nicoise Salad or Chicken Nicoise Salad; VEG: Egg Salad; Roasted Potatoes, Green Beans; Mushroom Soup</p>	<p>26 COR, MOD, REN: Turkey Burgers w/ Mango Salsa; VEG: Lentils w/ Roasted Broccoli & Lemon Bread Crumbs; Crinkle Fries, Peas & Carrots; Strawberry Romaine Salad w/ Poppy Seed Dressing</p>
<p>29 COR, MOD, REN, VEG: Lemony Artichoke, Asparagus Pasta w/ Pea Crumbles; Roasted Carrots; Mediterranean Salad w/ Field Greens</p>	<p>30 COR, MOD, REN: Baked Salmon Dijon or Baked Chicken Dijon; VEG: Cauliflower/Chickpea Dijon; Roasted Potatoes, Steamed Asparagus; Sunshine Soup</p>	<p>31 COR, MOD: Red Beans w/ Turkey Sausage; REN: Cannellini Beans w/ Turkey Sausage; VEG: Red Beans w/ Impossible Sausage; White Rice; Steamed Okra; Dill Coleslaw</p>		

Menus subject to change due to seasonal availability, donations received or cost