

2020

CALENDAR YEAR

JULY

CALENDAR MONTH

MONDAY

RLS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	01 Herbed Chicken Quinoa Butter Peas Green Salad	02 Hanger Steak or Baked Chicken Brown Rice Green Beans Spring Mix Salad	03 Miso Salmon or miso chicken Basmati Coleslaw	04	05
06 Stuffed Peppers or Black bean & lentil burger Green Beans Arugula Salad	07 Turkey Coconut Curry Basmati Sugar Snap Peas Spring mix salad	08 Tarragon Chicken Quinoa Summer Squash Arugula W/Apples	09 Lemon soy Pork chops or lemon soy chicken butter peas carrot salad	10 Tuna Burger or Miso Chicken Rice Cumin Carrots Pea and Radish Salad	11	12
13 Pasta W/ Pesto Sauteed Snow Peas Kale Salad W/Avocados	14 Turkey Marbella Quinoa Summer Squash Romaine Salad	15 Orange Glazed Chicken Brown Rice Sugar Snap Peas Mixed Green Salad	16 Beef Burger or Baked Chicken Brown Rice Green Beans Arugula Salad	17 Sesame Cod or Sesame Chicken Basmati Asparagus Coleslaw	18	19
20 Hearty Mac & Cheese Cumin Carrots Mediterranean Salad	21 Turkey Meatloaf Rice Green Beans Green Salad	22 Oaxacan Chicken Brown Rice Summer Squash Arugula Salad	23 Herbed Pork chops or Herbed chicken thighs Quinoa Maple Carrots Spring mix salad	24 Poached Salmon or Chicken Basmati Asparagus Edamame,Salad	25	26
27 Artichoke Tart or Wild Rice and Jackfruit Patties Sauteed Green Beans Green Salad	28 Turkey with Apricots Quinoa Butter Peas Arugula Salad	29 Chicken w/Apples Brown Rice Summer Squash Romaine Salad	30 Beef Steak W/ Herbs or Chicken W/ Herbs Quinoa Sauteed Peas Spring Mix Salad	31 Bronzion al forno or Chicken al forno basmati rice asparagus Mediterranean Salad	01	02
03	04	05	06	07	08	09

All menus are subject to change due to seasonal availability, donations received or cost.