

2021

CALENDAR YEAR

JULY

CALENDAR MONTH

MONDAY

REG

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

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