

2021

CALENDAR YEAR

JULY

CALENDAR MONTH

MONDAY

RLS

| 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.