



Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>Chicken with Onion Gravy</b> Herbed Brown Rice Cauliflower 4-Way Vegetable Blend Chocolate Cake	2 <b>Chicken Fried Rice</b> Brown Rice, Peas Fresh Coleslaw Peach Cobbler	3 <b>Beef, Turkey or Veggie Burger on Whole Wheat Bun</b> Steak Fries, Broccoli, Carrot Salad, Lettuce, Tomato, Onion, Cheese, Pound Cake w/ Strawberries	4  Happy 4 <sup>th</sup> of July	5 <b>Creole Chicken</b> Dirty Brown Rice Red Beans Tossed Salad with Carrots Rice Crispy Treats
8 <b>Orange Glazed Chicken</b> Asian Brown Rice Peas Fresh Asian Slaw Oatmeal Cookies	9 <b>Fish with Pesto Sauce</b> Whole Wheat Pasta Brussels Sprouts Fresh Garden Salad with Shredded Carrots Peach Cobbler	10 <b>Turkey Taco Salad with Flour Tortillas, Lettuce, Tomato, Shredded Cheese</b> Three Bean Salad Pound Cake with Strawberries	11 <b>Beef Stroganoff served Over Egg Noodles</b> Steamed Vegetable Medley Whole Wheat Rolls Peanut Butter Cookies	12 <b>Chicken Carnitas</b> Corn Tortilla Pinto Beans Parslied Carrots Peach Cobbler
15 <b>Fish with Mango Salsa</b> Spanish Brown Rice Broccoli Fresh Cilantro Coleslaw Chocolate Cookies	16 <b>Turkey Ziti</b> Whole Wheat Bread Italian Mixed Vegetables Fresh Garden Salad with Bell Peppers Chocolate Cake	17 <b>Ginger Soy Chicken</b> Summer Vegetable Soup Garlic Noodles Roasted Zucchini Fresh Carrot Raisin Salad Mandarin Oranges	18 <b>Korean Beef &amp; Turkey Bibimbap Rice Bowl</b> Ginger Sliced Carrots Green Bean Salad Fruit Cocktail	19 <b>BBQ Breaded Chicken Sandwich with a Whole Wheat Hamburger Bun</b> Sweet Potatoes Brussels Sprouts Sugar Cookies
22 <b>Mushroom Chicken Strips</b> Whole Wheat Pasta Summer Vegetable Blend Diced Carrots Peach Cobbler	23 <b>Beef &amp; Turkey Tamale Pie</b> Cornbread in entrée Zucchini with Red Bell Peppers, Peas Peanut Butter Cookies	24 <b>Tuna Pasta Salad with Fresh Shredded Broccoli, Carrots and Red Bell Peppers</b> Garlic Bread Butter Scotch Pudding	25 <b>Lemon Chicken over Jasmine Brown Rice</b> Mixed Vegetable Medley Pound Cake with Strawberries	26 <b>Cuban Chicken Roast</b> Whole Wheat Bread 4-Way Vegetable Blend Broccoli Rice Crispy Treats
29 <b>Potato-Crusted Fish with Dijon Herb Sauce</b> Whole Wheat Bread Sweet Potatoes Creamy Fresh Broccoli Salad Butterscotch Pudding	30 <b>Bean &amp; Cheese Burrito</b> Whole Wheat Tortilla Corn with Bell Peppers Fresh Garden Salad Pound Cake with Berries	31 <b>Grilled Chicken Orzo Pasta Salad with Spinach, Broccoli and Carrots</b> served with Pita Bread Peach Cobbler		

Nutritional Supplements as ordered: Glucerna or Ensure. Sandwich orders may be made up to 10:15AM each day.

A diabetic friendly dessert option is offered daily, and special desserts are noted on the menu.

Fresh In-House Lunch Menu prepared by Chef Erin on Wednesday's and Thursday's

Menu Subject to Change



