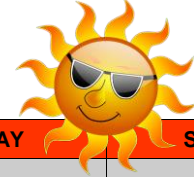




JULY 2024 - HOT STANDARD MENU



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	Cheese Lasagna Rollups w/ Tomato Sauce Bulgur Salad Steamed Cauliflower Steamed Sliced Carrots <i>Fruit or Juice</i>	Vegetarian Three Bean Chili Baked Brown Rice Pilaf Steamed Carrots <i>Fruit or Juice</i>	Beef Meatloaf w/ Mushroom Gravy Mashed Potatoes California Blend Vegetables <i>Fruit or Juice</i>	Smokey Black Bean and Sweet Potato Chili Winter Blend Vegetables <i>Fruit or Juice</i>	Spanish Style Baked Fish Couscous with Peas and Lemon Spiced Mixed Vegetables <i>Fruit or Juice</i>	Mexican Style Chicken Thighs and Rice Steamed Broccoli Steamed Green Beans <i>Fruit or Juice</i>
7	8	9	10	11	12	13
Cheese Tortellini W/ Alfredo Sauce Capri Blend Vegetables <i>Fruit or Juice</i>	Classic Chicken Cacciatore Orzo Prince Edward Blend Vegetables <i>Fruit or Juice</i>	Comforting Red Lentil Bolognese Normandy Blend <i>Fruit or Juice</i>	Chicken Kofta w/ Tomato Curry Cous Cous Steamed Cauliflower <i>Fruit or Juice</i>	Chili con Carne Perfect White Rice Baby Carrots with Parsley <i>Fruit or Juice</i>	Baked Fish Marsala w/ Mushrooms Steamed Green Beans <i>Fruit or Juice</i>	BBQ Pork Chops Baked Sweet Potato California Blend Vegetables <i>Fruit or Juice</i>
14	15	16	17	18	19	20
Sweet and Sour Chicken Meatballs Egg Barley with Mushrooms Steamed Broccoli <i>Fruit or Juice</i>	Beef Meatballs in Tomato Sauce & Penne Capri Blend Vegetables <i>Fruit or Juice</i>	Grilled Chicken Breast w/ Mushroom Gravy Brown Rice and Red Beans Steamed Spinach Stewed Tomatoes <i>Fruit or Juice</i>	Spiced Lentil and Sweet Potato Curry Pearled Barley Beets and Baby Carrots with Dill <i>Fruit or Juice</i>	Chicken Scallopini Fettucini with Sauce Broccoli and Red Peppers <i>Fruit or Juice</i>	Teriyaki Baked Fish Rice Pilaf California Blend Vegetables <i>Fruit or Juice</i>	Whole Wheat Macaroni and Cheese Capri Blend Vegetables Steamed Green Beans <i>Fruit or Juice</i>
21	22	23	24	25	26	27
Cheese Ravioli w/ Tomato Sauce California Blend Vegetables <i>Fruit or Juice</i>	Stuffed Shells w/ Cheese Beef Meat Sauce with Peppers and Onions California Blend Vegetables <i>Fruit or Juice</i>	Honey Mustard Chicken Drumstick Orzo Steamed Cauliflower Steamed Green Beans <i>Fruit or Juice</i>	Comforting Lentil and Bean Chili Egg Barley with Mushrooms Normandy Blend <i>Fruit or Juice</i>	Chicken Francaise Yellow Rice Capri Blend Vegetables <i>Fruit or Juice</i>	Homemade Coconut Breaded Fish Broccoli and Red Peppers Cuban Black Beans <i>Fruit or Juice</i>	Baked Ziti w/ Ricotta Steamed Carrots Steamed Green Beans <i>Fruit or Juice</i>
28	29	30	31			
Cheese Lasagna Rollups Italian Blend Vegetables <i>Fruit or Juice</i>	BBQ Chicken Breasts Black Beans and Rice Italian Blend Vegetables <i>Fruit or Juice</i>	Brown Stew Chicken Steamed Cauliflower <i>Fruit or Juice</i>	Caribbean Curry with Chickpeas and Spinach Baked Brown Rice Pilaf Normandy Blend <i>Fruit or Juice</i>			

All meals will be accompanied by a carton of milk, whole wheat bread, margarine, juice, and a piece of fruit (fruit & juice vary every day).