

July Menu 2021

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
|  | 6/29 Chicken Stew Brown Rice Baby Carrots Apple | 6/30 Turkey Chili Rice Broccoli Plum | 7/1 Egg Salad Platter With Tomatoes and Cucumbers Pasta Banana | 7/2 Spanish Style Baked Chicken Baked Potatoes Steamed Carrots Orange |
| 7/5 Independence Day Closed | 7/6 BBQ Chicken Bowtie Pasta Mixed Vegetables Plum | 7/7 Tuna Salad With Lettuce and Tomatoes Banana | 7/8 Meat Sauce Spaghetti String Beans Apple | 7/9 Rosemary Chicken Couscous Green Beans Tangerine |
| 7/12 Mustard Dill Baked Fish Brown rice Brussel Sprouts Apple | 7/13 Breaded Baked Fish Oven Roasted Potatoes Mixed Vegetables Orange | 7/14 Lemon Baked Pollock Wide Noodles Steamed Broccoli Plum | 7/15 Tuna Cakes Orzo Carrots Orange | 7/16 Baked Chicken Quarters Fries Steamed Broccoli Apple |
| 7/19 Beef Meatloaf Mashed Potatoes Mixed Vegetables Nectarine | 7/20 Chicken Caesar Salad with Crotons Peach | 7/21 Lemon Baked Pollock Bowtie Pasta Steamed Broccoli Plum | 7/22 Stuffed Peppers Rice Apple | 7/23 Oven Fried Chicken Legs Couscous Mixed Vegetables Orange |
| 7/26 Salmon Cake Orzo Mixed Vegetables Tangerine | 7/27 Beef Stew Brown Rice Steamed Cauliflower Orange | 7/28 Oven Fried Chicken Bowtie Pasta Baby Carrots Peach | 7/29 Egg Salad Platter With Tomatoes and Cucumbers Macaroni Banana | 7/30 Baked Chicken Quarters Sweet Baked Yams Collard Greens Apple |
| | <ul style="list-style-type: none"> <i>No meat/poultry will be served 7/12-7/15 due to Tisha B'Av</i> <i>Menus Subject to Change without Notification</i> <i>Summer Menus Include one chilled meal weekly.</i> | | | |