



MONTHLY MENU

SUMMER IS HERE!

WEEK 1

Mon: Meatballs w/ potato wedges / **GF-** Pasta Primavera w/ White Beans & Broccoli & potato wedges

Tues: Beef tacos w/ bean salad / roasted carrots / **GF-** Pasta Primavera w/ White Beans & Broccoli & bean salad

Wed: Chicken nuggets (3), w/ steamed broccoli / **GF-** Herbed White Beans & Sweet Potato Risotto w/ steamed broccoli

Thur: Pancakes w/ apple sauce / **GF -** Vegetarian baked beans, sweet corn Polenta & Apple sauce

Fri: CLOSED (7/2)

WEEK 3

Mon: Meatballs w/ potato wedges/ **GF:** Superfood Butternut Squash & Black Bean Quinoa, potato wedges

Tues: Chicken Tacos w/ bean salad / **GF-** Superfood Butternut Squash & Black Bean Quinoa, bean salad

Wed: Creamy Cheddar Mac w/ cut melon/ **GF-** Superfood Butternut Squash & Black Bean Quinoa w/ cut melon

Thur: French Toast (1) & sausage link (1) w/ apple sauce / **GF** Housemade Refried Pinto Beans & Cilantro Veggie w/ apple sauce

Fri: Pepperoni Pizza Rounds w/ baby carrots / **GF-** Housemade Refried Pinto Beans & Cilantro Veggie Quinoa w/ baby carrots

WEEK 2



Mon: Grilled Cheese (1/2) w/ apple sauce / **GF-** Roasted Veggie Quinoa with Black Beans, Bell Pepper & Peas, w/ apple sauce

Tues: Chicken & veggie fried rice, w/ seasoned corn / **GF-** Roasted Veggie Quinoa with Black Beans, Bell Pepper & Peas

Wed: Italian meat sauce over Penne, w/ steamed broccoli / **GF-** Mediterranean chickpea pasta salad w/ steamed broccoli

Thur: Chicken nuggets (3), w/ cucumber coins / **GF-** Mediterranean Chickpea Pasta Salad w/ cucumber coins

Fri: Cheese Pizza rounds w/ baby carrots / **GF-** Mediterranean Chickpea Pasta Salad w/ baby carrots

WEEK 4

Mon: Grilled Cheese w/ apple sauce / **GF-** Roasted Veggie Quinoa with Black Beans, Bell Pepper & Peas, w/ apple sauce

Tues: Chicken teriyaki rice w/ green beans / **GF-** Roasted Veggie Quinoa with Black Beans, Bell Pepper, w/ green beans

Wed: Italian meat sauce over Penne w/ steamed broccoli / **GF-** Vegetarian Baked Beans & Sweet Corn Polenta, w/ steamed broccoli

Thur: CLOSED(7/30)

Fri: CLOSED (7/31)

