

*Sides may change based on freshness and availability

summer lunch menu } june 2017 july 2017 august 2017

monday	tuesday	wednesday	thursday	friday
July 3rd Roast Turkey w/ Hawaiian Sauce <i>Roasted Tofurkey</i> Green Beans Fruit Salad Whole Grain Bread	July 4th Chicken Teriyaki <i>Tofu Teriyaki</i> Cucumber Cantaloupe Chunks Brown Rice	July 5th Beef Burger <i>Veggie Burger</i> Mashed Sweet Potatoes Honeydew Hamburger Bun	July 6th Fish Tenders <i>Veggie Nuggets</i> Broccoli Orange Slices Whole Grain Bread	July 7th Turkey Meatball Marinara <i>Veggie Meatballs</i> Mashed Potatoes Pineapple Hamburger Bun
July 10th Chicken Nuggets <i>Veggie Nuggets</i> Peas Cantaloupe Chunks Whole Grain Bread	July 11th Bean & Cheese Burrito Cucumber Fruit Salad	July 12th Sweet Apple Chicken Curry <i>Sweet Apple Tofu Curry</i> Green Beans Orange Slices Brown Rice	July 13th Creamy Mac & Cheese Broccoli Honeydew Chunks	July 14th Chicken Fajitas <i>Veggie Fajitas</i> Refried Beans Pineapple Chunks Flour Tortilla
July 17th Cheese Ravioli Broccoli Apple Slices	July 18th Turkey Kefte <i>Veggie Kefte</i> Glazed Carrots Honeydew Chunks Pita	July 19th BBQ Chicken <i>BBQ Tofu</i> Mashed Potatoes Fruit Salad Corn Bread	July 20th Penne Pasta Marinara w/ Mozzarella Green Beans Orange Slices	July 21st Cheesy Pizza Muffins Cucumber Slices Applesauce
July 24th Sweet & Sour Chicken <i>Sweet & Sour Tofu</i> Broccoli Orange Slices Brown Rice	July 25th Beef Sloppy Joe <i>Veggie Sloppy Joe</i> Green Beans Pineapple Chunks Hamburger Bun	July 26th Turkey Tacos <i>Boca Tacos</i> Glazed Carrots Cantaloupe Chunks Flour Tortilla	July 27th Spiral Pasta w/ Tomato Cream Sauce Cucumber Honeydew Chunks Whole Grain Roll	July 28th Lemon Chicken <i>Lemon Tofu</i> Roasted Potatoes Applesauce Whole Grain Roll
July 31st Roast Turkey w/ Hawaiian Sauce <i>Roasted Tofurkey</i> Green Beans Fruit Salad Whole Grain Bread				



nut free kitchen!
scratch cooking

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summer gfdf lunch menu }

june 2017
july 2017
august 2017

monday	tuesday	wednesday	thursday	friday
July 3rd GFDF Turkey w/ Hawaiian Sauce Green Beans Fruit Salad GF Bread	July 4th Chicken Teriyaki Cucumber Cantaloupe Chunks Brown Rice	July 5th Beef Burger GFDF Mashed Sweet Potatoes Honeydew GF Hamburger Bun	July 6th Catfish Broccoli Orange Slices GF Bread	July 7th GFDF Turkey Meatballs GFDF Mashed Potatoes Pineapple GF Hamburger Bun
July 10th Grilled Chicken Peas Cantaloupe Chunks GF Bread	July 11th Cheese Tamale Cucumber Fruit Salad	July 12th GFDF Sweet Apple Chicken Curry Green Beans Orange Slices Brown Rice	July 13th GFDF Creamy Mac & Cheese Broccoli Honeydew Chunks	July 14th Chicken Fajitas Refried Beans Pineapple Chunks Corn Tortilla
July 17th GFDF Pasta Marinara Broccoli Apple Slices	July 18th GFDF Turkey Kefte Glazed Carrots Honeydew Chunks Pita	July 19th BBQ Chicken Mashed Potatoes Fruit Salad GF Bread	July 20th GFDF Pasta Marinara Cucumber Slices Orange Slices	July 21st GFDF Turkey Bolognese Cucumber Slices Applesauce
July 24th Sweet & Sour Chicken Broccoli Orange Slices Brown Rice	July 25th Beef Sloppy Joe Green Beans Pineapple Chunks GF Hamburger Bun	July 26th GFDF Turkey Tacos Glazed Carrots Cantaloupe Chunks Corn Tortilla	July 27th GFDF Pasta Marinara Cucumber Honeydew Chunks	July 28th GFDF Lemon Chicken Roasted Potatoes Applesauce GF Roll
July 31st GFDF Turkey w/ Hawaiian Sauce Green Beans Fruit Salad GF Bread				



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