

**Week of: July 1<sup>st</sup> through July 5th**

*Menu subject to change. Check Menu in center lobby each morning for c*

|                                 | Monday  | Tuesday                                   | Wednesday   | Thursday | Friday  |
|---------------------------------|---|---|---|----------|---|
| Early Breakfast<br>7:30-8:00 AM | Cereal<br>& Milk                                      | Cereal<br>& Milk                          | Cereal<br>& Milk  | CLOSED   | Cereal<br>& Milk                                      |
| Breakfast<br>9:00-9:30 AM       | Wheat Toast<br>Sun Butter                             | French Toast<br>Fruit                     | Yogurt, Fruit<br>and Granola<br>Parfait                           | CLOSED   | Cream Of Wheat<br>And Fruit                           |
| Lunch<br>12:00-12:30 PM         | Japanese BBQ<br>Pork with Rice<br>Vegetables<br>Fruit | Chicken Quesadilla<br>Vegetables<br>Fruit | Meatball Marinara<br>and Cheese Sandwich<br>Vegetables<br>Fruit   | CLOSED   | Cheese Ravioli<br>Garlic Bread<br>Vegetables<br>Fruit |
| Vegetarian<br>Option            | Japanese BBQ Tofu<br>with Rice<br>Vegetables<br>Fruit | Cheese Quesadilla<br>Vegetables<br>Fruit  | Veggieball Marinara<br>and Cheese Sandwich<br>Vegetables<br>Fruit | CLOSED   | Cheese Ravioli<br>Garlic Bread<br>Vegetables<br>Fruit |
| Afternoon Snack<br>3:00-3:30 PM | Rice cakes<br>Apple Sauce                             | French Onion Dip<br>With Carrots          | Tortilla Chips<br>With Guacamole                                  | CLOSED   | Pretzel Sticks<br>Sun Butter                          |
| Evening Snack<br>5:00-5:30 PM   | Crackers  | Crackers                                  | Crackers  | CLOSED   | Crackers  |

Milk and water served with all breakfasts and lunches.

Week of:

July 8<sup>th</sup> through July 12<sup>th</sup>

*Menu subject to change. Check Menu in center lobby each morning for changes.*



|                                 | Monday                                    | Tuesday   | Wednesday   | Thursday  | Friday  |
|---------------------------------|---|---|---|---|---|
| Early Breakfast<br>7:30-8:00 AM | Cereal<br>& Milk                          | Cereal<br>& Milk  | Cereal<br>& Milk  | Cereal<br>& Milk                                  | Cereal<br>& Milk                                      |
| Breakfast<br>9:00-9:30 AM       | Cheesy English<br>Muffins                 | Waffles With Berry<br>Compote                                   | Berry Smoothie<br>Raisin Bread Toast                      | Pancakes<br>Fruit                                 | Cottage Cheese<br>Fruit                               |
| Lunch<br>12:00-12:30 PM         | Beef Sloppy Joes<br>Vegetables<br>Fruit   | Carnitas Tacos<br>Refried Beans<br>Vegetables<br>Fruit          | White Chicken Chilli<br>Bread Roll<br>Vegetables<br>Fruit | Three Cheese<br>Pasta Bake<br>Vegetables<br>Fruit | Butter Chicken<br>Basmati Rice<br>Vegetables<br>Fruit |
| Vegetarian<br>Option            | Lentil Sloppy Joes<br>Vegetables<br>Fruit | Veggie Crumble<br>Tacos<br>Refried Beans<br>Vegetables<br>Fruit | White 3 Bean Chilli<br>Bread Roll<br>Vegetables<br>Fruit  | Three Cheese<br>Pasta Bake<br>Vegetables<br>Fruit | Butter Paneer<br>Basmati Rice<br>Vegetables<br>Fruit  |
| Afternoon Snack<br>3:00-3:30 PM | Chex Mix<br>Fruit                         | Chips<br>Housemade Salsa  | Housemade<br>Spinach Dip<br>with Baguette                 | String Cheese<br>Fruit                            | Apples<br>Sun Butter                                  |
| Evening Snack<br>5:00-5:30 PM   | Crackers                                  | Crackers  | Crackers  | Crackers  | Crackers  |

Milk and water served with all breakfasts and lunches.

**Week of:**

**July 15<sup>th</sup> through July 19<sup>th</sup>**

*Menu subject to change. Check Menu in center lobby each morning for changes.*

|                                 | Monday  | Tuesday   | Wednesday   | Thursday                                  | Friday  |
|---------------------------------|---|---|---|---|---|
| Early Breakfast<br>7:30-8:00 AM | Cereal<br>& Milk  | Cereal<br>& Milk  | Cereal<br>& Milk  | Cereal<br>& Milk                          | Cereal<br>& Milk                                    |
| Breakfast<br>9:00-9:30 AM       | Berry Smoothie<br>Rice Cakes  | Waffles<br>Fruit  | Oatmeal<br>Fruit  | Cottage Cheese<br>Fruit                   | French Toast<br>Fruit                               |
| Lunch<br>12:00-12:30 PM         | Cold Chicken and<br>Edamame Sesame<br>Noodle Salad<br>Vegetables<br>Fruit | Linguica, Peppers,<br>and Onions<br>Sandwich<br>Vegetables<br>Fruit | Beef Bell Pepper<br>and Rice Casserole<br>Vegetables<br>Fruit | Chicken Quesadilla<br>Vegetables<br>Fruit | BBQ Meatballs<br>With Rice<br>Vegetables<br>Fruit   |
| Vegetarian<br>Option            | Cold Tofu and<br>Edamame Sesame<br>Noodle Salad<br>Vegetables<br>Fruit    | Tempeh, Peppers,<br>and Onions<br>Sandwich<br>Vegetables<br>Fruit   | Tofu Bell Pepper<br>and Rice Casserole<br>Vegetables<br>Fruit | Cheese Quesadilla<br>Vegetables<br>Fruit  | BBQ Veggieballs<br>With Rice<br>Vegetables<br>Fruit |
| Afternoon Snack<br>3:00-3:30 PM | Pretzels and<br>Sun Butter  | Cucumbers<br>Ranch Dip  | Pita Chips and<br>Hummus                                      | Chex Mix<br>Fruit                         | String Cheese and<br>Apple Sauce                    |
| Evening Snack<br>5:00-5:30 PM   | Crackers  | Crackers  | Crackers  | Crackers                                  | Crackers  |

Milk and water served with all breakfasts and lunches.

Week of: **July 22<sup>nd</sup> through July 26<sup>th</sup>**

*Menu subject to change. Check Menu in center lobby each morning for changes.*

|                                 | Monday                              | Tuesday  | Wednesday                              | Thursday   | Friday   |
|---------------------------------|-------------------------------------|--|--|--|--|
| Early Breakfast<br>7:30-8:00 AM | Cereal<br>& Milk                    | Cereal<br>& Milk                                 | Cereal<br>& Milk                       | Cereal<br>& Milk   | Cereal<br>& Milk   |
| Breakfast<br>9:00-9:30 AM       | Yogurt<br>Fruit                     | French Toast<br>Fruit Compote                    | Egg Scramble<br>with Veggies           | Waffles<br>Sun Butter  | Cream of Wheat<br>Fruit  |
| Lunch<br>12:00-12:30 PM         | Cheese Pizza<br>Vegetables<br>Fruit | Chicken and<br>Dumplings<br>Vegetables<br>Fruit  | Pork Fried Rice<br>Vegetables<br>Fruit | Lemon<br>Ricotta/Cottage<br>Cheese Pasta<br>Vegetables<br>Fruit  | Beef Tacos<br>Mexican Rice<br>Vegetables<br>Fruit              |
| Vegetarian<br>Option            | Cheese Pizza<br>Vegetables<br>Fruit | Mushroom and<br>Dumplings<br>Vegetables<br>Fruit | Tofu Fried Rice<br>Vegetables<br>Fruit | Lemon Ricotta/<br>Cottage Cheese<br>Pasta<br>Vegetables<br>Fruit | Veggie Crumble<br>Tacos<br>Mexican Rice<br>Vegetables<br>Fruit |
| Afternoon Snack<br>3:00-3:30 PM | Rice Cake<br>With Fruit             | Multigrain Crackers<br>Cheese                    | Tortilla Chips<br>Housemade Salsa      | Graham Crackers<br>Yogurt Dip                                    | Chex Mix<br>Fruit  |
| Evening Snack<br>5:00-5:30 PM   | Crackers                            | Crackers   | Crackers                               | Crackers   | Crackers   |

Milk and water served with all breakfasts and lunches.

Week of: **July 29th through August 2<sup>nd</sup>**

*Menu subject to change. Check Menu in center lobby each morning for changes.*

|                                 | Monday   | Tuesday   | Wednesday   | Thursday  | Friday  |
|---------------------------------|--|---|---|---|---|
| Early Breakfast<br>7:30-8:00 AM | Cereal<br>& Milk   | Cereal<br>& Milk  | Cereal<br>& Milk                                      | Cereal<br>& Milk  | Cereal<br>& Milk  |
| Breakfast<br>9:00-9:30 AM       | Waffles<br>Fruit Compote   | Oatmeal<br>Fruit  | Yogurt, Granola and<br>Fruit Parfait                  | Bagels and<br>Cream Cheese                                    | Eggs<br>Tortillas   |
| Lunch<br>12:00-12:30 PM         | Chicken Fajita Salad<br>Corn Tortilla<br>Vegetables<br>Fruit       | Creamy Garlic And<br>Spinach Pork Chops<br>with Rice<br>Vegetables<br>Fruit | Chicken Ceaser<br>Pasta Salad<br>Vegetables<br>Fruit  | Sausage Tortellini<br>and Spinach Soup<br>Vegetables<br>Fruit | Chicken Florentine<br>with Spaghetti<br>Vegetables<br>Fruit |
| Vegetarian<br>Option            | Black Bean Fajita<br>Salad<br>Corn Tortilla<br>Vegetables<br>Fruit | Creamy Garlic And<br>Spinach Chickpeas<br>with Rice<br>Vegetables<br>Fruit  | Chickpea Ceaser<br>Pasta Salad<br>Vegetables<br>Fruit | Cheese Tortellini<br>and Spinach Soup<br>Vegetables<br>Fruit  | Mushrooms<br>Florentine<br>with Spaghetti                   |
| Afternoon Snack<br>3:00-3:30 PM | Fruit Cocktail   | Pita Chips and<br>White Bean Dip  | Cheese Sandwich                                       | Rice Cakes and Sun<br>Butter                                  | Fruit<br>Yogurt   |
| Evening Snack<br>5:00-5:30 PM   | Crackers   | Crackers  | Crackers  | Crackers  | Crackers  |

Milk and water served with all breakfasts and lunches.