

July Dinner Menu- Regular Meals

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7/1	7/2	7/3	7/4	7/5	7/6
	Pasta Genovese with White Beans	Beef Mushroom Swiss Burger	Cheese Tortellini with Marinara and White Beans	Steak Taco Plate with Basmati Brown Rice Pilaf	Indian Chicken with Brown Rice Pilaf and Lentils	Chicken Margarita with Mashed Potatoes
	vegetable blend, apple, milk	vegetable blend, peach + pear fruit cup, cheese stick	vegetable blend, orange, dinner rolls, yogurt	roasted vegetables, pinto beans, orange, corn tortillas, cheese stick	roasted vegetables, banana, milk	roasted vegetables, pear fruit cup, dinner roll, milk
7/7	7/8	7/9	7/10	7/11	7/12	7/13
Chicken Salad with Pita Bread	Vegetarian Pasta with White Beans	BBQ Chicken Sandwich	Hummus with Hard Boiled Eggs and Pita Bread	Vegetarian Egg Frittata with Oven Roasted Potatoes	Black Bean Tempeh Chili with Brown Rice Pilaf and Pinto Beans	Vegetarian Chili
baby spring mix, banana, apple, milk	vegetable blend, banana, cheese stick	green beans, bbq cabbage slaw with caramelized onions, apple, yogurt	baby carrots, orange, milk	roasted vegetables, peach + pear fruit cup, dinner roll, milk	roasted vegetables, pear fruit cup, milk	mixed vegetables, orange, dinner roll, yogurt
7/14	7/15	7/16	7/17	7/18	7/19	7/20
Cottage Cheese Dip with Hard Boiled Eggs and Pita Bread	Vegetarian Pasta Marinara with White Beans and Chicken Salad	Pesto Cheese Ravioli with White Beans	Balsamic Chicken Sandwich with Bun	BBQ Chicken with Cornbread	Teriyaki Chicken with Sesame Rice	Meatloaf and Mashed Potatoes
baby carrots, banana, apple, milk	vegetable blend, apple, saltine crackers, yogurt	spring mix with zucchini, vegetable blend, orange, dinner roll, milk	vegetable blend, pear fruit cup, yogurt	roasted vegetables, peach + pear fruit cup, dinner roll, yogurt	roasted vegetables, banana, milk	roasted vegetables, banana, dinner roll, milk
7/21	7/22	7/23	7/24	7/25	7/26	7/27
Sesame Chicken Salad with Pita Bread	Beef BBQ Cheddar Burger with Bun	Hummus with Hard Boiled Eggs and Pita Bread	Pasta Genovese with White Beans	Braised Beef with Mashed Yams	Hawaiian Braised Chicken with Coconut Rice	Vegetarian Chili
baby spring mix, orange, milk	green beans, BBQ cabbage slaw with caramelized onions, banana, milk	baby carrots, pear fruit cup, milk	vegetable blend, orange, yogurt	roasted vegetables, banana, dinner roll, milk	roasted vegetables, peach + pear fruit cup, milk	mixed vegetables, banana, dinner roll, cheese stick, yogurt
7/28	7/29	7/30	7/31			
Honey Mustard Fish with Brown Rice Pilaf	Roasted Teriyaki Chicken Sandwich	Pasta Marinara with White Beans	Tortellini with Marinara and White Beans			
roasted vegetables, orange, cheese stick, yogurt	vegetable blend, orange, milk	vegetable blend, apple, cheese stick	vegetable blend, peach + pear fruit cup, dinner rolls, yogurt			

July Dinner Menu- Low K+ Meals

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7/1	7/2	7/3	7/4	7/5	7/6
	Pasta Genovese with White Beans	Beef Mushroom Swiss Burger	Cheese Tortellini with Marinara and White Beans	Steak Taco Plate with Basmati Brown Rice Pilaf	Indian Chicken with Brown Rice Pilaf and Lentils	Chicken Margarita with Farro Pilaf
	vegetable blend, apple, milk	vegetable blend, peach + pear fruit cup, cheese stick	vegetable blend, apple, dinner rolls, yogurt	roasted vegetables, pinto beans, apple, corn tortillas, cheese stick	roasted vegetables, pear, milk	roasted vegetables, pear fruit cup, dinner roll, milk
7/7	7/8	7/9	7/10	7/11	7/12	7/13
Chicken Salad with Pita Bread	Vegetarian Pasta with White Beans	BBQ Chicken Sandwich	Cottage Cheese Dip with Hard Boiled Eggs and Pita Bread	Vegetarian Egg Frittata with Farro and Quinoa	Turkey Patty with Farro Pilaf	Vegetarian Chili
baby spring mix, apple, apple, milk	vegetable blend, pear, cheese stick	green beans, bbq cabbage slaw with caramelized onions, apple, yogurt	baby carrots, pear, milk	roasted vegetables, peach + pear fruit cup, dinner roll, milk	roasted vegetables, pear fruit cup, milk	mixed vegetables, applesauce, dinner roll, yogurt
7/14	7/15	7/16	7/17	7/18	7/19	7/20
Cottage Cheese Dip with Hard Boiled Eggs and Pita Bread	Vegetarian Pasta Marinara with White Beans and Chicken Salad	Pesto Cheese Ravioli with White Beans	Balsamic Chicken Sandwich with Bun	BBQ Chicken with Cornbread	Teriyaki Chicken with Sesame Rice	Meatloaf and Basmati Rice Pilaf
baby carrots, peach + pear fruit cup, milk	vegetable blend, apple, saltine crackers, yogurt	spring mix with zucchini, vegetable blend, peach + pear fruit cup, dinner roll, milk	vegetable blend, pear fruit cup, yogurt	roasted vegetables, peach + pear fruit cup, yogurt	roasted vegetables, plum, milk	roasted vegetables, apple, milk
7/21	7/22	7/23	7/24	7/25	7/26	7/27
Sesame Chicken Salad with Pita Bread	Beef BBQ Cheddar Burger with Bun	Cottage Cheese Dip with Hard Boiled Eggs and Pita Bread	Pasta Genovese with White Beans	Braised Beef with Basmati Brown Rice Pilaf	Hawaiian Braised Chicken with Coconut Rice	Vegetarian Chili
baby spring mix, peach + pear fruit cup, milk	green beans, BBQ cabbage slaw with caramelized onions, apple, milk	baby carrots, pear fruit cup, milk	vegetable blend, peach + pear fruit cup, yogurt	roasted vegetables, applesauce, dinner roll, milk	roasted vegetables, peach + pear fruit cup, milk	mixed vegetables, apple, dinner roll, cheese stick, yogurt
7/28	7/29	7/30	7/31			
Honey Mustard Fish with Brown Rice Pilaf	Roasted Teriyaki Chicken Sandwich	Pasta Marinara with White Beans	Tortellini with Marinara and White Beans			
roasted vegetables, apple, cheese stick, yogurt	vegetable blend, apple, milk	vegetable blend, apple, cheese stick	vegetable blend, peach + pear fruit cup, dinner rolls, yogurt			

July Dinner Menu- Renal Meals

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7/1	7/2	7/3	7/4	7/5	7/6
	Pasta Genovese with White Beans	Beef Mushroom Swiss Burger	Cheese Tortellini with Marinara and White Beans	Steak Taco Plate with Basmati Brown Rice Pilaf	Indian Chicken with Brown Rice Pilaf and Lentils	Chicken Margarita with Farro Pilaf
	vegetable blend, apple	vegetable blend, peach + pear fruit cup, cheese stick	vegetable blend, apple, dinner roll, cheese stick	roasted vegetables, pinto beans, apple, corn tortillas, cheese stick	roasted vegetables, pear	roasted vegetables, pear fruit cup
7/7	7/8	7/9	7/10	7/11	7/12	7/13
Chicken Salad with Pita Bread	Vegetarian Pasta with White Beans	BBQ Chicken Sandwich	Cottage Cheese Dip with Hard Boiled Eggs and Pita Bread	Vegetarian Egg Frittata with Farro and Quinoa	Turkey Patty with Farro Pilaf	Vegetarian Chili
baby spring mix, apple, cheese stick	vegetable blend, pear, cheese stick	green beans, bbq cabbage slaw with caramelized onions, apple	baby carrots, pear	roasted vegetables, peach + pear fruit cup, dinner roll, cheese stick	roasted vegetables, pear fruit cup, cheese stick	mixed vegetables, applesauce, dinner roll
7/14	7/15	7/16	7/17	7/18	7/19	7/20
Cottage Cheese Dip with Hard Boiled Eggs and Pita Bread	Vegetarian Pasta Marinara with White Beans and Chicken Salad	Pesto Cheese Ravioli with White Beans	Balsamic Chicken Sandwich with Bun	BBQ Chicken with Cornbread	Teriyaki Chicken with Sesame Rice	Meatloaf and Basmati Rice Pilaf
baby carrots, peach + pear fruit cup, milk	vegetable blend, apple, saltine crackers, yogurt	spring mix with zucchini, vegetable blend, peach + pear fruit cup, dinner roll, milk	vegetable blend, pear fruit cup, yogurt	roasted vegetables, peach + pear fruit cup, yogurt	roasted vegetables, plum, milk	roasted vegetables, apple, milk
7/21	7/22	7/23	7/24	7/25	7/26	7/27
Sesame Chicken Salad with Pita Bread	Beef BBQ Cheddar Burger with Bun	Cottage Cheese Dip with Hard Boiled Eggs and Pita Bread	Pasta Genovese with White Beans	Braised Beef with Basmati Brown Rice Pilaf	Hawaiian Braised Chicken with Coconut Rice	Vegetarian Chili
baby spring mix, peach + pear fruit cup, cheese stick	green beans, BBQ cabbage slaw with caramelized onions, apple	baby carrots, pear fruit cup	vegetable blend, peach + pear fruit cup	roasted vegetables, applesauce, cheese stick	roasted vegetables, peach + pear fruit cup, cheese stick	mixed vegetables, apple, dinner roll, cheese stick
7/28	7/29	7/30	7/31			
Honey Mustard Fish with Brown Rice Pilaf	Roasted Teriyaki Chicken Sandwich	Pasta Marinara with White Beans	Tortellini with Marinara and White Beans			
roasted vegetables, apple, cheese stick	vegetable blend, apple, cheese stick	vegetable blend, apple	vegetable blend, peach + pear fruit cup, dinner roll, cheese stick			