


**WE ARE OPEN FOR LUNCH
DAILY - EXCEPT FRIDAY**

JUNE 2023

**TO MAKE YOUR LUNCH
RESERVATIONS AT LEAST ONE
BUSINESS DAY IN ADVANCE BY
NOON!**

LUNCH IS SERVED AT 11:30AM

VEGETARIAN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1-Jun	2-Jun
			Cheese Enchilada Bake California Vegetables Spinach FRUIT/DESSERT	Vegetarian Chili w/Beans Capri Vegetables Fiesta Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT
	5-Jun	6-Jun	7-Jun	8-Jun
Vegetarian Southwest Spicy Pasta California Vegetables Green Peas FRUIT/DESSERT	Tofu Bolognese w/Whole Grain Spaghetti Carrots Broccoli FRUIT/DESSERT	Vegetarian Bean Stew Spinach Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	Cheesy Lasagna Roll Up w/Marinara Sauce Green Beans w/Red Peppers Scandinavian Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	+ Bean & Cheese Burrito w/Enchilada Sauce Mixed Vegetables Fiesta Vegetables FRUIT/DESSERT
12-Jun	13-Jun	14-Jun	15-Jun	16-Jun
Vegetarian Chili w/Beans Capri Vegetables Fiesta Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	Egg Omelet w/Shredded Cheddar Cheese and Salsa Red Potatoes Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	Vegetarian Lasagna w/Shredded Cheese Scandinavian Vegetables Green Beans w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	Tofu Curry over Brown Rice Mixed Vegetables Broccoli FRUIT/DESSERT	Cheese Enchilada Bake California Vegetables Spinach FRUIT/DESSERT
19-Jun	20-Jun	21-Jun	22-Jun	23-Jun
+ Bean & Cheese Burrito w/Enchilada Sauce Mixed Vegetables Fiesta Vegetables FRUIT/DESSERT	Vegetarian Southwest Spicy Pasta California Vegetables Green Peas FRUIT/DESSERT	Tofu Bolognese w/Whole Grain Spaghetti Carrots Broccoli FRUIT/DESSERT	Vegetarian Bean Stew Spinach Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	Cheesy Lasagna Roll Up w/Marinara Sauce Green Beans w/Red Peppers Scandinavian Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT
26-Jun	27-Jun	28-Jun	29-Jun	30-Jun
Cheese Enchilada Bake California Vegetables Spinach FRUIT/DESSERT	Vegetarian Chili w/Beans Capri Vegetables Fiesta Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	Egg Omelet w/Shredded Cheddar Cheese and Salsa Red Potatoes Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	Vegetarian Lasagna w/Shredded Cheese Scandinavian Vegetables Green Beans w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	Tofu Curry over Brown Rice Mixed Vegetables Broccoli FRUIT/DESSERT


NOTES

All meals served with lowfat milk.

Vitamin A

+ Higher in sodium

C Vitamin C

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1-Jun	2-Jun
			Street Tacos w/Ground Turkey, Shredded Cheese, Corn Tortilla, Lettuce, & Salsa Refried Beans C Citrus Fruit	Chicken Parmesan over Buttered Pasta <u>Spinach</u> Breadstick C Fresh Orange Pudding
	5-Jun	6-Jun	7-Jun	8-Jun
Roasted Chicken w/Gravy <u>Scandinavian Vegetables</u> C Mashed Potatoes Tossed Salad w/Dressing C Orange Juice Brownie	Turkey Rice Bake C Brussels Sprouts <u>Mixed Vegetables</u> Whole Wheat Roll w/Butter Seasonal Fresh Fruit	Pork Fried Rice Asian Vegetable Soup C Seasoned Cabbage C Fresh Orange Pudding	Beef Stroganoff over Whole Grain Penne Cream of Carrot Soup C California Vegetables Seasonal Fresh Fruit	Baked Tilapia w/Dill Sauce over Brown Rice <u>Carrots</u> Whole Kernel Corn C Tropical Fruit
12-Jun	13-Jun	14-Jun	15-Jun	16-Jun
Breaded Fish Sandwich w/Tartar Sauce Corn Chowder <u>Carrot Slaw</u> Whole Wheat Bun C Mandarin Oranges	Sesame Mustard Pork over Confetti Rice Cauliflower Soup C Steamed Cabbage Seasonal Fresh Fruit Ice Cream	Chicken w/Apple Chutney <u>Whipped Yams</u> C California Vegetables Whole Wheat Roll w/Butter Seasonal Fresh Fruit	Turkey Enchilada Casserole w/Salsa Whole Kernel Corn C Cilantro Slaw w/ <u>Carrots</u> Seasonal Fresh Fruit	FATHER'S DAY + Beef Tips w/Gravy C Whipped Potatoes Carrots Whole Wheat Roll w/Butter Apple Juice Cookie
19-Jun	20-Jun	21-Jun	22-Jun	23-Jun
Swedish Meatballs over Herbed Pasta <u>Spinach</u> Whole Wheat Roll w/Butter C Tropical Fruit	Taco Salad w/Ground Turkey, Shredded Cheese, Mixed Greens, Salsa & Ranch Dressing Tortilla Chips Black Bean Soup C Fresh Orange	Fish Vera Cruz C Mashed Potatoes <u>Scandinavian Vegetables</u> Whole Wheat Roll w/Butter Seasonal Fresh Fruit	Teriyaki Chicken over Asian Brown Rice Cabbage Soup C California Vegetables Seasonal Fresh Fruit Cookie	+ Hot Dog w/Cheese and Onions C <u>Carrot</u> Coleslaw Green Salad w/Dressing Whole Wheat Bun C Orange Juice Cake w/Frosting
26-Jun	27-Jun	28-Jun	29-Jun	30-Jun
Turkey Shepherd's Pie C w/Mashed Potatoes <u>Bean Medley</u> Whole Wheat Roll w/Butter Apple Juice Cookie	Beef Pasta Bake <u>Spinach</u> Marinated Beets and Onions Whole Wheat Roll w/Butter C Citrus Fruit	Pork al Pastor w/Salsa over Spanish Brown Rice Whole Kernel Corn C Cilantro Coleslaw w/ <u>Carrots</u> Seasonal Fresh Fruit Brownie	+ Seafood Louie Salad w/Mock Crab Thousand Island Dressing Split Pea Soup Whole Grain Crackers x2 C Tropical Fruit	Chicken Piccata over WW Spaghetti Minestrone Soup <u>Scandinavian Vegetables</u> C Seasonal Fresh Fruit

NOTES

All meals served with lowfat milk.

Vitamin A
 C Vitamin C

+ Higher in sodium