

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Fish Sandwich Baked Sweet Potato Cole Slaw Milk, Fruit	2 Chickpea Stew Brown Rice Garden Salad Milk, Fruit	3 Lentil Soup Salmon Salad Pita Halves Mixed Green Salad Milk, Fruit	4 <b>Center Closed Independence Day. Happy July 4th !!</b>	5 Baked Fish with Soy Sauce Brown Rice Blend Vegetables Milk, Fruit
8 Salmon Cakes Bowtie Pasta with Kasha WW bread Carrots Milk, Fruit	9 Mushroom Barley Soup Chickpea Stew Brown Rice Spinach Salad Milk, Fruit	10 Baked Fish Yellow Rice Broccoli with Toasted Garlic Milk, Fruit	11 Egg Drop Soup Mushroom Pierogi Lo Mein Bok Choy Milk, Fruit	12 Breaded Pollock Bowtie Pasta with Kasha Beet, Arugula and Feta Salad Milk, Fruit
15 Veggie Burger WW Bun Cabbage Slaw Herb Potato Salad Milk, Fruit	16 Spilt Pea Soup Eggplant Parmesan Garlic Bread Penne String Beans Milk, Fruit	17 Baked Fish w/ Garlic Sauce Couscous w/ Lemon WW Bread Broccoli & Peppers Milk, Fruit	18 Lentil Soup WW Cheese Pizza WW Dinner Roll Baby Spinach Salad Milk, Fruit	19 Apricot Glazed Salmon Veg Couscous Green Bean Sautee Milk, Fruit
22 Tuna Fish Salad Macaroni Salad WW Bread Beets and Baby Carrots Milk, Fruit	23 Lentil Soup Baked Ziti Garlic Bread California Blend Vegetables Milk, Fruit	24 Breaded Fish WW Bread Baked Sweet Potato Cucumber Salad Milk, Fruit	25 Escarole/White Bean Soup Primavera Pasta WW Bread Yellow Rice Roasted Eggplant Milk, Fruit	26 Citrus Sesame Crusted Salmon Lo Mein Bok Choy w/ Garlic Milk, Fruit
29 Baked Fish w/Garlic Crust WW Bread Garlic Mashed Potatoes Cucumber Salad, Milk, Fruit	30 Vegetarian Chili Corn Bread Yellow Rice Arugula Salad Milk, Fruit	31 Salmon Burger WW Bun Garden Salad Roasted Vegetables Milk, Fruit	<h1>July 2019 Lunch Menu</h1>	