

Week Three Summer Menu

V-Vegetarian, GF- Gluten Free, VG- Vegan, SF- Soy Free

Monday 7/22/24	Tuesday 7/23/24	Wednesday 7/24/24	Thursday 7/25/24	Friday 7/26/24	Saturday 7/27/24	Sunday 7/28/24
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Oatmeal Assorted Cold Cereals	Oatmeal Assorted Cold Cereals	Oatmeal Assorted Cold Cereals	Oatmeal Assorted Cold Cereals	Oatmeal Assorted Cold Cereals	Oatmeal Assorted Cold Cereals	Oatmeal Assorted Cold Cereals
Veggies & Scrambled Eggs	Scrambled Eggs	Pancakes	Crustless Quiche	Cheese Omelet	Scrambled Eggs	Scrambled Eggs
Breakfast Meat and Potato	Breakfast Meat and Potato	Breakfast Meat and Potato	Breakfast Meat and Potato	Breakfast Meat and Potato	Breakfast Meat and Potato	Breakfast Meat and Potato
Fresh Fruit and Breakfast Bread	Fresh Fruit and Breakfast Bread	Fresh Fruit	Fresh Fruit and Breakfast Bread	Fresh Fruit and Breakfast Bread	Fresh Fruit and Breakfast Bread	Fresh Fruit and Breakfast Bread
Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice
Coffee, Tea, Milk	Coffee, Tea, Milk	Coffee, Tea, Milk	Coffee, Tea, Milk	Coffee, Tea, Milk	Coffee, Tea, Milk	Coffee, Tea, Milk
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Carrot and Ginger Soup	Tomato Bisque	Loaded Potato Soup	Maryland Crab Soup	French Onion Soup	Past Fagioli	Lentil and Tomato Soup
Spinach Salad	Broccoli Salad	Chickpea Salad	Pasta Salad	Edamame & Corn Salad	Macaroni Salad	Tomato Cucumber salad
Tuna Melt on Wheat	Grilled Cheese w/ Tomato	Philly Cheese Steak	Chicken Salad on House Salad	Chicken Parmesan	Pulled BBQ Beef Sandwich	Turkey Club Croissant w/Cheese
Italian Hoagie	Pepperoni Pizza	Chef Salad w/ Italian Dressing	Egg Salad on House Salad	Italian Sausage w/Onions & Peppers	Meatball Sub w/Cheese	Ham and Cheese Melt
Vegetarian Beyond Sausage W/ Peppers& Onions (v)	Cheese Pizza	Swiss Cheese Croissant (v)	Veg. Garden Burger(V)	Veg. Chicken Parmesan	Veg. Meatball Sub (v)	Grilled Cheese/Tomato (v)
Potato Salad	Pasta Salad	Roasted Potatoes	Sweet Potato Fries	Marinara and Pasta	Baked Beans	Onion Rings
Succatosh	Steamed Asparagus	Baby Carrots/Green beans	Corn O'Brien	Lima Beans	Steamed Cut Green Beans	Steamed Peas and Mushrooms
Vanilla Pudding w/Banana	Mandarin Oranges	Peaches Orange Crème	Fresh Mixed Fruits	Berries w/Whip Topping	Raisin Rice Pudding	Fresh Melon Cup
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Carrot and Ginger Soup	Tomato Bisque	Loaded Potato Soup	Maryland Crab Soup	French Onion Soup	Past Fagioli	Lentil and Tomato Soup
Greek Salad	Caesar	House Salad	Garden Salad	Caesar Salad	House Salad	Mixed Green Salad
Turkey Meatloaf	Meatballs Pomodoro	Pesto Shrimp	Roast Turkey w/ Gravy	Orange Chicken	Chimichurri Flank Steak	Garlic Oregano Chicken
Honey Glazed Pork loin	Chicken Cacciatore	Braised Rosemary Leg of Lamb	Tilapia Vera Cruz	Stir Fry Beef	Chicken Marsala	Cajun Catfish
Cheddar Mashed Potatoes	Spaghetti	Rice Pilaf	Mashed Potatoes	Brown Rice	Roasted Rosemary Potato	Wild Rice
Steamed Peas	Steamed Broccoli	Roasted Squash medley	Sauteed Spinach	Stir Fried Vegetables	Cauliflower Bake	Glazed Carrots
Roasted Butternut Squash	Italian Green Beans	Broc., Carrot & Cauliflower	Cranberry Brussels Sprouts	Egg Roll	Steamed Broccoli	Braised Mustard Greens
Wheat Roll	Garlic Bread stick	Yeast Roll	Wheat Roll	Yeast Roll	Multigrain Roll	Wheat Dinner Roll
Spinach Quiche (SF,V)	Vegetarian Meatball Pomodoro (v)	Roasted Tofu (V, VG,GF)	Spinach Souffle(SF,V)	Stir Fry Beyond Beef Tips(SF,V)	Veg. Beyond Beef Stew (SF,V)	Vegetarian Beyond Sausage W/ Peppers& Onions (SF,V,)
Cherry Pie	Chocolate Bundt Cake	Tiramisu	Marbled Brownie	Chocolate Chip Cookies	Apple Pie	Carrot Cake