



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

7/12/20

7/13/2021

7/14/2021

7/15/2021

7/16/2021

7/17/2021

7/18/2021

Gumbo

Pozole Verde

Chicken Tortilla GF

Menudo GF

Crab and Corn Chowder

Soup Du jour

Soup Du jour

Five Bean GF

Potato Leek GF

Tomato Basil GF

Potato Stew GF

Vegetable Tottilla GF

Sliders

Chicken Fajitas

Create Your Own Pasta

Asian Stir Fry

Frito Pie

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Roasted Pork

Shrimp Tacos

Vegetable Medley GF

White/Brown Rice GF

Garlic Mashed Potatoes GF

Dinner Roll

Chicken Tacos GF

Chicken Enchiladas GF

Peas and Tomatoes GF

Mexi Corn GF

Ranchero Bean GF

Flour Tortillas

Meatloaf

Pan Fried Fish

Green Beans GF

Sauteed Squash GF

Jicama Rice GF

Garlic bread sticks

Lasagna Vegetable

Lasagna

Green beans GF

Spaghetti

Meat Sauce GF

Garlic Breadstick

Chopped steak with Mushroom Demi Glace GF

Catch of the Day

Brussel Sprouts White GF

Rice/ Brown Rice GF

Au Gratin Potatoes GF

Dinner Rolls

Beef Enchiladas

Chefs Choice

Mexican Zucchini

Spanish Rice

Flour Tortillas

Panko Crusted Chicken

Chef's Choice Vegetable

Medley Mashed Potatoes

Dinner Rolls

Lentil Chalupas

Eggplant Fajita

Curried Tempeh with Quinoa GF

Tofu Lo mein GF

Bean Chalupas GF

Seafood Poboy

Roasted Vegetable and Hummus

Four Bean Hummus Wrap

Chicken Ceaser Wrap

Eggplant and Mushroom Fajita Wrap

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Philly steak Pizza

Cheeseburger Pizza

Calzones

GF Gluten free pizza with Cauliflower crust

Mediterranean Pizza

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Whole Food Plant Based (Vegan)

GF Gluten Free

GF

