

HEALTHY FRESH MEALS - JULY 2026 CONGREGATE MENU									
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1		2		3	
HOT LUNCH			3oz Butter Chicken 1/2c Brown Rice 1c Roasted Zucchini 2oz WG Pita Bread Fresh Banana 8oz Milk V. Butter Tofu	3oz Swedish Meatballs 1/2c Mashed Potatoes 1c Spinach 2oz WG Roll/Butter Fresh Orange 8oz Milk V. Veggie Meatballs	3oz Hoisin Teriyaki Flounder 1/2c Fried Rice 1c Green Beans & Peas 2oz WG Roll/Butter 1/2c Applesauce 8oz Milk V. Hoisin Tofu				
			3oz Turkey Sandwich 2oz Whole Grain Bun 1c Lentil Salad 1/2c Applesauce 8oz Milk V. Tofu Sandwich	3oz Chicken Ranch Wrap 2oz WG Flour Tortilla 1c White Bean Salad 1/2c. Fruit Cup 8oz Milk V. Tofu Wrap	5oz Old Bay Seafood Salad 1c WG Pasta 1c Carrot Salad Fresh Banana 8oz Milk V. Old Bay Chickpea Salad				
6		7		8		9		10	
HOT LUNCH	3oz Beef Meatball Sub 1/2oz Provolone Cheese 1c Green Beans 2oz WG Sub Roll 1/2c Applesauce 8oz Milk V. Veggie Meatballs Sub	3oz Blackened Flounder 1/2c Parmesan Risotto 1c Sauteed Spinach 2oz WG Cornbread/Butter Fresh Banana 8oz Milk V. Blackened Tofu	3oz Chicken w/Asian Sauce 1c WG Noodles 1c Stir Fry Veggies w/Peas 1oz WG Roll/Butter Fresh Orange 8oz Milk V. Tofu w/Asian Sauce	3oz Turkey Burger 1oz Cheese/Ketchup/Mustard 1c Roasted Veggies 2oz WG Burger Bun Fresh Apple 8oz Milk V. Veggie Cheeseburger	3oz Chicken w/BBQ Sauce 1/2c Mac & Cheese 1/2c Baked Beans 1c Green Beans 2oz WG Cornbread/Butter 1/2c Applesauce & 8oz Milk V. BBQ "Chicken"				
	3oz Creamy Chicken & Corn 1.25c Veggie Pasta Salad 1c Cowboy Bean Salad Fresh Orange 8oz Milk V. Creamy Corn Tofu	3oz Italian Turkey & Swiss 2oz WG Bun 1c Mayo Coleslaw Fresh Apple 8oz Milk V. Italian Tofu Sandwich	3oz Asian Shrimp Salad 1c WG Noodles w/Edamame 2c Garden Salad Fresh Banana 8oz Milk V. Asian Tofu Salad	5oz Curried Egg Salad 2oz WG Pita Bread 1c Carrot Salad Fresh Orange 8oz Milk V. Curried Egg Salad	3oz Turkey Cheese Wrap 2oz WG Flour Tortilla w/Mayo 1c White Bean Salad Fresh Banana 8oz Milk V. Tofu Cheese Wrap				

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1		2		3	
HOT LUNCH			3oz Butter Chicken 1/2c Brown Rice 1c Roasted Zucchini 2oz WG Pita Bread Fresh Banana 8oz Milk	3oz Swedish Meatballs 1/2c Mashed Potatoes 1c Spinach 2oz WG Roll/Butter Fresh Orange 8oz Milk	3oz Hoisin Teriyaki Flounder 1/2c Fried Rice 1c Green Beans & Peas 2oz WG Roll/Butter 1/2c Applesauce 8oz Milk				
			V. Butter Tofu	V. Veggie Meatballs	V. Hoisin Tofu				
COLD LUNCH			3oz Turkey Sandwich 2oz Whole Grain Bun 1c Lentil Salad 1/2c Applesauce 8oz Milk	3oz Chicken Ranch Wrap 2oz WG Flour Tortilla 1c White Bean Salad 1/2c. Fruit Cup 8oz Milk	5oz Old Bay Seafood Salad 1c WG Pasta 1c Carrot Salad Fresh Banana 8oz Milk				
			V. Tofu Sandwich	V. Tofu Wrap	V. Old Bay Chickpea Salad				
6		7		8		9		10	
HOT LUNCH	3oz Beef Meatball Sub 1/2oz Provolone Cheese 1c Green Beans 2oz WG Sub Roll 1/2c Applesauce 8oz Milk	3oz Blackened Flounder 1/2c Parmesan Risotto 1c Sautéed Spinach 2oz WG Cornbread/Butter Fresh Banana 8oz Milk	3oz Chicken w/Asian Sauce 1c WG Noodles 1c Stir Fry Veggies w/Peas 1oz WG Roll/Butter Fresh Orange 8oz Milk	3oz Turkey Burger 1oz Cheese/Ketchup/Mustard 1c Roasted Veggies 2oz WG Burger Bun Fresh Apple 8oz Milk	3oz Chicken w/BBQ Sauce 1/2c Mac & Cheese 1/2c Baked Beans 1c Green Beans 2oz WG Cornbread/Butter 1/2c Applesauce & 8oz Milk				
	V. Veggie Meatballs Sub	V. Blackened Tofu	V. Tofu w/Asian Sauce	V. Veggie Cheeseburger	V. BBQ "Chicken"				
COLD LUNCH	3oz Creamy Chicken & Corn 1.25c Veggie Pasta Salad 1c Cowboy Bean Salad Fresh Orange 8oz Milk	3oz Italian Turkey & Swiss 2oz WG Bun 1c Mayo Coleslaw Fresh Apple 8oz Milk	3oz Asian Shrimp Salad 1c WG Noodles w/Edamame 2c Garden Salad Fresh Banana 8oz Milk	5oz Curried Egg Salad 2oz WG Pita Bread 1c Carrot Salad Fresh Orange 8oz Milk	3oz Turkey Cheese Wrap 2oz WG Flour Tortilla w/Mayo 1c White Bean Salad Fresh Banana 8oz Milk				
	V. Creamy Corn Tofu	V. Italian Tofu Sandwich	V. Asian Tofu Salad	V. Curried Egg Salad	V. Tofu Cheese Wrap				

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
13		14		15		16		17	
HOT LUNCH	1c Turkey Tetrazzini 1c WG Pasta/Parmesan 1c Peas, Carrots, Zucchini 1oz WG Roll/Butter Fresh Orange 8oz Milk	3oz Chicken w/Feta & Tzatziki 1/2c Lemon Rice 1c Roasted Veggies 2oz WG Pita Bread 1/2c Applesauce 8oz Milk	3oz Teriyaki Beef Meatballs 1/2c Brown Rice 1c Stir Fry Veggies w/Peas 2oz WG Roll/Butter Fresh Banana 8oz Milk	3oz Chicken w/Mushroom Sauce 1/2c Mashed Potatoes 1c Green Beans 2oz WG Roll/Butter Fresh Apple 8oz Milk	3oz Shrimp & White Beans 1c WG Pasta 1c Sauteed Spinach 1oz WG Cornbread/Butter Fresh Banana 8oz Milk				
	V. Meatless Tetrazzini	V. Greek Chickpeas	V. Veggie Meatballs	V. Tofu Marsala	V. Tofu Sauce w/Pasta				
COLD LUNCH	5oz Chicken Salad Sandwich 2oz WG Croissant 1c Lentil Salad Fresh Apple 8oz Milk	3oz Turkey Bologna Sandwich 2oz WG Bun & Dijon 1c Vinegar Coleslaw Fresh Banana 8oz Milk	3oz Thousand Island Chicken 2oz WG Flour Tortilla 1c Carrot Salad Fresh Apple 8oz Milk	5oz Pickle Egg Pasta Salad 2oz WG Pasta 2c Garden Salad 1/2c Fruit Cup 8oz Milk	3oz Italian Turkey Sandwich 2oz WG Bun 1c White Beans Salad Fresh Apple 8oz Milk				
	V. Chickpea Salad Croissant	V. Tofu & Cheese Sandwich	V. Thousand Island Tofu	V. Pickle Egg Pasta Salad	V. Italian Tofu Sandwich				
20		21		22		22		24	
HOT LUNCH	4oz Beef Ravioli/Parmesan 1/2c Marinara Sauce 1c Green Beans 2oz WG Roll/Butter Fresh Apple 8oz Milk	3oz Chicken w/Sour Cream 1c Rice & Beans 1c Peppers & Onions 2oz WG Flour Tortillas Fresh Orange 8oz Milk	3oz Garlic Butter Flounder 1/2c Mashed Potatoes 1c Sauteed Spinach 2oz WG Roll/Butter Fresh Banana 8oz Milk	3oz Creamy Tuscan Chicken 1c WG Pasta/Parmesan 1c Green Beans 1oz WG Roll/Butter 1/2c Applesauce 8oz Milk	1c Turkey & Bean Chili 1/2c Brown Rice 1c Sauteed Spinach 2oz WG Cornbread/Butter Fresh Orange 8oz Milk				
	V. Tofu Sauce w/Ravioli	V. Tofu Fajitas	V. Garlic Butter Tofu	V. Creamy Tuscan Tofu	V. Meatless Bean Chili				
COLD LUNCH	5oz Ranch Chicken Salad 2oz WG Bun 1c White Bean Salad 1/2c Fruit Cup 8oz Milk	3oz Honey Mustard Turkey Wrap 2oz WG Flour Tortilla 2c Garden Salad Fresh Banana 8oz Milk	3oz Grilled Chicken 1.25c Cranberry Quinoa 1c Carrot Salad 1/2c Applesauce 8oz Milk	3oz Turkey Cheese Sandwich 2oz WG Bun/Mayo 1c Cowboy Bean Salad Fresh Orange 8oz Milk	5oz Tuna Pasta Salad 2oz WG Pasta 2c Garden Salad Fresh Apple 8oz Milk				
	V. Ranch Tofu Wrap	V. Honey Mustard Tofu Wrap	V. Chickpea Quinoa Salad	V. Tofu Sandwich	V. Chickpea Pasta Salad				

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
27		28		29		30		31	
HOT LUNCH	3oz Ground Beef Tacos 1c Rice & Beans 1c Peppers & Onions 2oz WG Flour Tortillas Fresh Apple 8oz Milk	3oz Grilled Chicken 1c WG Mushroom Risotto 1c Green Beans 2oz WG Roll/Butter Fresh Banana 8oz Milk	4oz Turkey Vodka Sauce 1c WG Pasta/Parmesan 1c Roasted Veggies 1oz WG Roll/Butter Fresh Orange 8oz Milk	3oz Salmon Patty w/Tartar 1/2c Veggie Rice Pilaf 1c Sauteed Spinach 2oz WG Cornbread/Butter 1/2c Fruit Cup 8oz Milk	3oz Grilled Chicken w/Thai Chili 1/2c Fried Rice 1c Stir Fry Veggies w/Peas 2oz WG Roll/Butter 1/2c Applesauce 8oz Milk				
	V. Meatless Tacos	V. Tofu & Mushroom Risotto	V. Meatless Vodka Sauce	V. Veggie Patty	V. Thai Chili Tofu				
COLD LUNCH	3oz Greek Chicken Pasta Salad 1c WG Pasta 2c Garden Salad Fresh Orange 8oz Milk	5oz Egg Salad Sandwich 2oz WG Croissant 1c White Bean Salad Fresh Apple 8oz Milk	3oz Asian Grilled Chicken 1c WG Noodles w/Edamame 1c Carrot Salad 1/2c Applesauce 8oz Milk	5oz Cranberry Pecan Chicken Salad 2oz WG Pita Bread 2c Garden Salad Fresh Banana 8oz Milk	3oz Dijon Turkey Cheese Wrap 2oz WG Flour Tortilla 1c Mayo Coleslaw 1/2c Fruit Cup 8oz Milk				
	V. Greek Chickpea Salad	V. Egg Salad Sandwich	V. Asian Tofu Noodle Salad	V. Cranberry Pecan Chickpea Salad	V. Dijon Tofu Cheese Wrap				