



[Monday July 12](#)

Grilled Chicken Artichoke Piccata

Seasoned grilled chicken breast with lemon caper, artichoke tomato basil sauce

(v) Grilled Eggplant Artichoke Piccata

Layered eggplant, ricotta cheese & roasted red peppers with lemon caper, artichoke tomato basil sauce

Pesto Penne Pasta & Roasted Italian Herb Zucchini

[Tuesday July 13](#)

Hawaiian Kalua Pork/ Hawaiian Pacific Snapper

Seasoned slow Polynesian pork in fresh pineapple and shitaki mushrooms

(v) Pineapple Tofu

Searched baby bok choy, peppers, mushrooms & tofu and fresh Polynesian pineapple

Roasted Sweet Potatoes w/ Coconut brown sugar glaze & Spring Peas

[Wednesday July 14](#)

Tacos Barbacoa

Beef tacos. White corn tortillas, shredded lettuce, grated cheddar, salsa,

(v) Tacos Sofritos

Tofu, peppers & onions. White corn tortillas, salsa, queso fresco

Pinto Beans & Cilantro Rice

[Thursday July 15](#)

Blackened Cajun Chicken

Cajun seasoned chicken in creamy creole sauce

(v) Blackened Cajun Tempeh

Cajun seasoned tempeh in creamy creole sauce

Dirty Brown Rice & Paprika Summer Squash

[Friday July 16](#)

Apple Cider Brined Pork Chop

Grilled chop, finished with a fresh stone fruit chutney

(v) Artichoke and Heirloom Tomato Stuffed Zucchini

Spinach Pesto Orzo Salad & Grilled Asparagus
