



Monday July 15

Teriyaki Chicken w/sesame orange glaze DF

(V) Ginger lemongrass Coconut Crusted Tofu DF

Noodle Salad, DF GF Sesame Broccoli DF GF

Vegan coconut Tofu w/sweet orange glaze

Tuesday July 16

BBQ Spareribs GF DF

(v) Quinoa Black Bean Burger *Vegan*

Curly Fries DF GF

Wednesday July 17

Jerk Chicken GF DF

(v) Jerk Sweet Potato Tofu GF DF *Vegan*

Coconut Pineapple Rice GF DF & Mixed Vegetable Sauté GF DF

Thursday July 18

Italian Sausage and Beef Lasagna

(v) Spinach and Mushroom Lasagna

Garlic Bread

Vegan: "Meatless Balls" (Lentils, brown rice, mushrooms herbs) in spicy red sauce

Friday July 19

BBQ Flank Steak GF DF

(v) BBQ "beef" & Mushroom *Vegan*

Corn on the Cob GF DF Green Bean Sauté GF DF