



Monday July 13

Garlic Cilantro Prawns

(v) Stuffed Portobello Mushroom

Lemon Pepper Cauliflower, Herb Potatoes

Tuesday July 14

Italian Sausage & Beef Lasagna

(v) Spinach & Mushroom Lasagna

Garden Salad, Breadstick

Wednesday July 15

Chipotle Chicken

Sauteed Zucchini & Peppers

Garlic Mashed Potatoes, Watermelon Salad

Thursday July 16

Carne Asada Taco

(v) Sofritos

Black Beans, Red Rice

Friday July 17

Pork Spareribs

(v) Veggie Burger

Corn on the Cobb, Vegetarian Chili
