



# Hot Meals Weekly Menu

[Mondays, Tuesdays, Wednesdays, & Thursdays: 11:30 a.m. - 1:30 p.m.](#)

**MONDAY**  
**7/21**

**Creamy Tomato Meatballs (chicken)**  
with pasta and brussels sprouts



**Creamy Tomato Plant-Based  
“meatballs” (soy)**  
with pasta and brussels sprouts

**TUESDAY**  
**7/22**

**Chicken Lo Mein**  
served with broccoli



**Lo Mein with Tofu**  
served with broccoli

**WED. 7/23**

**Chili con Carne (beef)**  
rice, broccoli, & Waldorf salad



**Three-Bean Chili**  
rice, broccoli, & Waldorf salad

**THURS. 7/24**

**Chicken Enchiladas**  
yellow rice and corn



**Plant-Based “Chicken” Enchiladas (soy)**  
yellow rice and corn



**Menu items subject to change based on market availability.**