



Hot Meals Weekly Menu

MONDAY THROUGH FRIDAY

11:30 a.m. - 1:30 p.m.

MONDAY
7/20

Jamaican Beef or Chicken Pattie
plantains and broccoli



Jamaican Vegetable Pattie
plantains and broccoli

TUESDAY
7/21

Teriyaki Fish
couscous and carrots



Teriyaki Tofu
couscous and carrots

WED.
7/22

Baked Chicken
egg noodles and string beans



Plant-Based "Chicken"
egg noodles and string beans

THURSDAY
7/23

Stuffed Peppers (Beef)
rice and mixed vegetables



Stuffed Peppers (Beyond "Beef")
rice and mixed vegetables

FRIDAY
7/24

Chicken or Turkey Salad Sandwich
soup of the day and asparagus



Chickpea Salad Sandwich
soup of the day and asparagus

Menu items subject to change based on market availability.

