








Monday

June 17, 2019

Soups	7 Bean Soup VEGETARIAN	
	Chicken, Black Bean & Chipotle	
Entrées	Stuffed Portobello Mushroom Florentine, Steamed Brown Rice & Steamed Vegetable Medley VEGETARIAN	
	BBQ Glazed Pork Ribs	
Sides	Roasted Chicken Quarter w/ Pesto Cream Sauce	
	Jasmine Rice, Whole Wheat Couscous, Buttered Corn, Zucchini & Tomatoes, Green Beans VEGETARIAN	




Tuesday

June 18, 2019

Soups	Tuscan Tomato Soup VEGETARIAN	
	Bacon, Chicken and Corn Chowder	
Entrées	Flank Steak w/ Peppercorn Sauce, Roasted Red Potatoes and Seasonal Vegetable Medley.	
	Lemongrass and Ginger Braised Chicken Legs	
Sides	Black Bean Cakes w/ Salsa Verde VEGETARIAN	
	Jasmine Rice, Mashed Potatoes, Green Wheat Freekeh Pilaf, Broccolini, Chief's Vegetable VEGETARIAN	




Wednesday

June 19, 2019

Soups	Grano, Portobello & Kale VEGETARIAN	
	Thai Coconut Chicken	
Entrées	Kona Chicken, Pineapple Brown Rice, Asian Seasoned Broccoli, Steamed Vegetable Medley VEGETARIAN	
	Tortilla Crusted Rock Fish (local & fresh)	
Sides	Pad Thai w/ Tofu VEGETARIAN	
	Pineapple Brown Rice, Steamed White Rice, Asian seasoned steamed Broccoli, Steamed Vegetable Medley VEGETARIAN	




Thursday

June 20, 2019

Soups	Chipotle Sweet Potato VEGETARIAN	
	Chicken & Shiitake Hot & Sour Soup	
Entrées	Beef Stroganoff w/ Whole Wheat Penne Pasta & Seasonal Vegetables	
	Sliced Pork Loin w/ a Mushroom, Onion & Bacon Ragout	
Sides	Bulgur and Collard Green Cake VEGETARIAN	
	Wild Rice, Buttered Corn, Peas & Carrots, Roasted Squash Medley VEGETARIAN	

Friday

June 21, 2019

Soups	Indian Spiced Lentil & Chickpea VEGETARIAN	
	Italian Wedding Soup	
Entrées	Baked Basa Fish with Fresh Tomatoes & Balsamic, Mountain Red Rice, Fresh Seasonal Vegetable 369 cal, 14g fat, 59mg chol, 714mg sodium, 2g fiber	
	Meatball Sub w/ Marinara & Provolone Cheese VEGETARIAN	
Sides	Cheese Enchiladas with Queso, Olives, Tomatoes and Green Onions	
	Jasmine Rice, Roasted Red Potatoes, Mountain Red Rice Pilaf, Broccoli Florets, Vegetable Medley VEGETARIAN	

VEGETARIAN Does not contain meat, fish or fowl; may contain dairy & eggs.

SPICY Seasoned with or containing spice.