

July 2026 CALENDAR - APPROVED

Monday		Tuesday		Wednesday		Thursday		Friday	
29		30		1		2		3	
Baked Chicken Thighs BBQ Sauce (1pc) Mashed Potato Broccoli		Arroz con Gandules (Mexican Style Brown Rice with Pigeon Peas, 1 cup) (8oz) String Beans & Carrots		Annes Lemon Garlic Sauce Baked Pork (3oz) White Rice (1/2 cup) Italian Blend Vegetables		Roast Beef With Mushroom Gravy (3oz) Homemade Mashed Potatoes Garden Salad *		Baked Fish Oreganata (1pc) Brown Rice Green Beans with Onions	
6		7		8		9		10	
Egg Salad (3oz) Basic Pasta Salad Simple Potato Salad		Zesty Chickpea Stew (8oz) Brown Rice (1/2 cup) Garden Salad *		Chambre de Gandules (Dominican Stew with Pork, Vegetables, and Brown Rice) (8oz) Yellow Rice Prince Edward Blend Vegetables *		Italian Meatballs with Beef and Turkey (6pc) Homemade Tomato Sauce (1/2 cup) Penne (1/2 cup) California Blend Vegetables		Cajon Shrimp (15pc) White Rice (1/2 cup) Caesar Salad Ocean Bay: Lasagna Roll (1pc)	
13		14		15		16		17	
Italian Meatballs with Chicken (4pc) Whole Wheat Pasta Primavera Roasted Broccoli		Mama's Pasta Fagioli (8oz) Italian Blend Baby Spinach Salad with Mushrooms and Balsamic Vinaigrette Narrows & Bayside Tofu in Garlic Soy Sesame Sauce (3oz) White Rice (1/2 cup) Baby Spinach Salad		Baked Pork Mushroom Gravy (3pc) Yellow Rice Sauteed String Beans*		Spanish Style Beef Stew (8oz) Diced Sweet Potatoes Prince Edward Blend Vegetables Brooks Beef Empanada (1pc) Same Sides		Tuna Salad (3oz) Basic Pasta Salad Garden Spinach Salad (1/2 svg)	
20		21		22		23		24	
Egg Salad (3oz) Coleslaw (pre-prepared) Simple Potato Salad		Chickpeas (1/2 cup) Rasta Pasta (8oz) Garden Spinach Salad Italian Blend Vegetables		BBQ Pulled Pork (3oz) Yellow Rice Steamed Carrots		Beef Salisbury Steak Mushroom Gravy (1pc) Prince Edward Blend Vegetables Diced Potatoes		Orange Roughy with Lemon Garlic Butter Sauce (1pc) White Rice (1/2 cup) Sauteed Green Beans with Onions *	
27		28		29		30		31	
Jerk Chicken (1pc) Diced Butternut Squash Diced Potatoes		Chili-Spiced Pinto Bean Ragout (8oz) Brown Rice (1/2 cup) Prince Edward Veg		Italian Style Pork Loin Tomato Sauce (pre-prepared, 1/2 cup) (3oz) Penne (1/2 cup) Tomato Sauce (pre-prepared, 1/2 cup) Baby Spinach Salad with Mushrooms and Balsamic Vinaigrette		Pork Stew (8oz) Diced Potatoes Steamed Carrots		Tuna Salad (3oz) Basic Pasta Salad Garden Spinach Salad (1/2 svg)	

ALL Meals are served with: Whole Grain Bread, Margarine, Milk and A Piece of Fresh Fruit. Banana, Apple, Pear or Orange.