

Howard Beach OAC

July 2026 Menu

(Menu is subject to change)

July 2026 - Lunch Menu & Passport of Flavor Voyage

Welcome aboard our Passport of Flavor journey! On designated Tuesdays and Thursdays this July, join us in the Dining Room at 11:15 AM for a themed video tour followed by a special international culinary experience. Bring your passport book to collect your stamps!

Monday	Tuesday	Wednesday	Thursday	Friday
		July 1 • Smothered Pork Chops • Perfect White Ricel • Beet, Arugula and Feta Salas • Cantaloupe	July 2 ✈ UNITED STATES • Hamburger Sliders • Hot Dogs • Baked Beans • Hawaiian Rolls • Garden Salad • Italian Ice	July 3 • Tuna Salad • Bowtie Pasta Salad • Whole Wheat Bread • Bean Salad with French Dressing • Garden Salad • Grapes
July 6 • Beet and Black Bean Salad OR California Veggie Burger (4oz) • Whole Wheat Hamburger Bun • Baked Fries (pre-prepared) • Baked Onions • Lettuce and Tomato • Tangerines	July 7 ✈ ASIA • Baked Asian Honey Chicken Wings • Garlic Noodles • Smashed Cucumber Salad • Dragon Fruit	July 8 • Beef Meatloaf • Whole Wheat Bread • Garden Salad • Garlic Mashed Potatoes • Kiwis	July 9 ✈ GREECE • Chicken Gyros • Mediterranean Salad with Olives • Roasted Lemon Potatoes	July 10 • Parmesan Baked Fish • Basic Pasta Salad • Baby Spinach Salad with Black Beans and Lemon Vinaigrette • Orange
July 13 • Brown Rice and Black Beans • Beet Salad • Nectarine	July 14 ✈ ITALY • Fettuccine Alfredo • Garlic Bread • Sausage & Peppers • Steamed Broccoli	July 15 • BBQ Pork Chops • Whole Wheat Pita • Kale Salad with Beets and Apple • Potato Salad • Apple	July 16 ✈ JAMAICA • Stew Chicken • Cabbage • Rice & Beans	July 17 • Oven Fried Fish • Whole Wheat Bread • Home Fries with Peppers and Onions • Spinach, Apple and Red Onion Salad • Grapefruit

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July 20 • Tasty Whole Wheat Lo Mein with Edamame • Whole Wheat Bread • Baby Spinach Salad with Black Beans and Lemon Vinaigrette • Mixed Vegetables • Pear	July 21  MEXICO • Beef Taco Bowl • Guacamole Dip • Mexican Fiesta Salad • Mexican Rice	July 22 • Oven Fried Chicken Wings • Baked Macaroni and Cheese • Cornbread • Arugula Salad with Roasted Beets, Carrots and Chickpeas • Orange	July 23  CHINA • Rib Tips • Fried Rice • Bok Choy • Egg Rolls	July 24 • Sweet Orange Salmon • Brown Rice and Red Beans • Spinach, Apple and Red Onion Salad • Orange
July 27 • Black Bean Soup • Brown Rice with Kidney Beans • Beet, Arugula, and Feta Salad • Peach	July 28  SOUTHERN USA • Shrimp & Grits • BBQ Chicken Wings • Collard Greens • Cornbread • Macaroni Salad	July 29 • Beef Stew • Whole Wheat Bread • Arugula with Balsamic Vinaigrette • Garlic Mashed Potatoes • Grapes	July 30  SPAIN • Pork Chops • Spanish Rice • Ensalada Rusa	July 31 • Broccoli & Potato Soup • Tuna Salad with Eggs • Whole Wheat Hamburger Bun • Cabbage and Beet Salad • Broccoli and Potato Soup • Banana

Note: Themed video tours begin promptly at 11:15 AM in the Dining Room before lunch service. Complete all 9 culinary trips to be certified as a Howard Beach Travel King or Queen!