



WEEK OF JULY 1-7

	BREAKFAST	LUNCH	DINNER
SUN 7/1	Scrambled eggs , Wheatena, and whole wheat bread	Salmon frittata with potatoes and peas , mixed green salad, and whole wheat roll	Turkey meatloaf , broccoli and red peppers, and dinner roll
MON 7/2	Bran muffin , cottage cheese, and Cream of Wheat	Classic hamburger , hamburger bun, and cabbage and carrot slaw	Baked ziti , collard greens, and dinner roll
TUES 7/3	Scrambled eggs , English muffin and grits	Chicken Parmesan , whole wheat spaghetti, and arugula salad	Roasted pork loin , tabbouleh with chickpeas, and roasted zucchini
WED 7/4	Greek yogurt and coconut and raisin granola with NY State oats	Baked cod with cilantro pesto , brown rice, and cole slaw	Chicken Jambalaya , baby spinach salad, and dinner roll
THUR 7/5	Hardboiled egg , Wheatena, and whole wheat bread	Beef stir fry , brown rice, and garden salad	Noodles with turkey, cabbage, onions and mushrooms , roasted broccoli, and multigrain bread
FRI 7/6	Bran flakes cereal , cottage cheese, and oatmeal	Arroz con pollo , collard greens, and dinner roll	Veggie burger , hamburger bun, and cole slaw
SAT 7/7	Cinnamon French toast and Cream of Wheat	Tuna fish salad , baby spinach salad, and multigrain bread	Spaghetti Bolognese and garden salad

MONTHLY NUTRITIONAL HIGHLIGHT:

SWEET POTATOES

Sweet potatoes are super high in vitamin A, which is good for your vision. Try substituting them instead of white potatoes.

FEATURED LOCAL FARMS

MEAD ORCHARDS
TIVOLI, NY

LYNOAKEN ORCHARDS
MEDINA, NY

MINKUS FAMILY FARM
NEW HAMPTON, NY

Fresh fruit served with every every meal.

COOKING CLASSES & NUTRITIONAL EVENTS:

NUTRITION INTERN PRESENTATION
THURSDAY, JULY 12TH
3:30-4:30

Lauren Kremer, a nutrition intern from NYU's dietetic graduate program, will lead a discussion and take questions about a nutrition topic. Food will be provided!

NUTRITION CONSULTATIONS
THURSDAY, JULY 19TH
10:00-12:00

Lauren Kremer, a dietetic intern from NYU, is completing a field placement required as part of her graduate studies. Nutrition Interns are not medical professionals; consultations are intended only as an opportunity to provide information about nutrition and diet to help support a healthy lifestyle and should not be used to discuss medical or medical issues.

WEEK OF JULY 8-14

	BREAKFAST	LUNCH	DINNER
SUN 7/8	Scrambled eggs , Wheatena, and whole wheat mini bagel	Turkey meatloaf , sweet potato, cauliflower with carrots and parsley, and whole wheat roll	Baked chicken thighs , polenta, and sautéed green beans and onions
MON 7/9	Greek yogurt , coconut granola with NYS oats, and oatmeal	Baked salmon , brown rice, tartar sauce, and yellow squash	Black bean and sweet potato chili , baby spinach salad, and dinner roll
TUES 7/10	Scrambled eggs , Wheatena, and English muffin	Chicken sausage , Louisiana red beans, brown rice, and collard greens	Beef meatballs in tomato sauce , whole wheat spaghetti, and arugula salad
WED 7/11	Bran flakes cereal , cottage cheese, and grits	Eggplant Parmesan , broccoli, and dinner roll	Chicken stir fry with snow peas and carrots , brown rice, and garden salad
THUR 7/12	Hardboiled egg , Cream of Wheat, and whole wheat bread	Fish tacos , yellow plantains, and cabbage and carrot slaw	Tuna fish salad , garden salad, and multigrain bread
FRI 7/13	Cinnamon French toast and oatmeal	Pesto pasta with broccoli and red peppers and Caesar salad	Lentil stew with carrots and turnips , bulgur, and garden salad
SAT 7/14	Hardboiled egg , Cream of Wheat, and whole wheat mini bagel	Beef stew with carrots, tomatoes and mushrooms , brown rice, and cauliflower	Spinach and mozzarella quiche with romaine, carrot, beet and chickpea salad, and dinner roll

WEEK OF JULY 15-21

	BREAKFAST	LUNCH	DINNER
SUN 7/15	Bran muffin and cottage cheese	Chicken cacciatore , whole wheat spaghetti, and garden salad	Turkey pie (Moussaka) , sautéed spinach, and whole wheat bread
MON 7/16	Hardboiled egg , Cream of Wheat, and multigrain bread	Salmon burger , tartar sauce, hamburger bun, lettuce and tomato, and cabbage and carrot slaw	Lemongrass curry with broccoli and tofu , brown rice, and romaine, carrot, and chickpea salad
TUES 7/17	Greek yogurt , coconut granola with NYS oats and oatmeal	Beef meatloaf , yellow rice with carrots and peas, and arugula salad	Baked ziti with cheese , yellow squash, and dinner roll
WED 7/18	Pepper and onion frittata , Wheatena, and English muffin	Soy ginger chicken thighs , bulgur, and sautéed cabbage	Italian roasted pork tenderloin , cheesy grits, and red cabbage slaw
THUR 7/19	Cottage cheese , Cream of Wheat, and multigrain bread	Tuna salad , cucumber and tomato salad, and multigrain bread	Baked chicken breast with basil pesto , gazpacho, and spinach salad
FRI 7/20	Hardboiled egg , bran muffin, and oatmeal	Vegetarian lasagna and mixed green salad	Beef stir fry , barley, and baby carrots with parsley
SAT 7/21	Ham and cheese frittata , Wheatena, and multigrain bread	Italian roasted chicken , Parmesan barley, and vegetable ratatouille	Pollack with coconut curry and sweet potatoes , brown rice, and garden salad

WEEK OF JULY 22-28

	BREAKFAST	LUNCH	DINNER
SUN 7/22	Cottage cheese and grits	Shepherd's pie with beef and turkey , sautéed spinach, and dinner roll	Meat sauce with chunky peppers in tomato sauce , spaghetti, and red cabbage salad
MON 7/23	Yogurt , coconut granola with NYS oats, and oatmeal	Pasta primavera with mozzarella , romaine, carrot, and chickpea salad, and dinner roll	Teriyaki beef , brown rice, and sautéed green beans
TUES 7/24	Hardboiled egg , Wheatena, and whole wheat mini bagel	Chicken stir fry , brown rice, and spinach, mushroom and red onion salad	Grilled mozzarella and tomato sandwich , spinach, romaine, apple, and red cabbage salad
WED 7/25	Bran muffin , cottage cheese, and Cream of Wheat	Spaghetti Bolognese and roasted zucchini	Baked chicken breast with mushroom and peppers , bulgur, and chickpea and cucumber salad
THUR 7/26	Potato and spinach frittata , turkey bacon, and English muffin	Vegetable biryani with chickpeas , pita halves, and garden salad	Spinach and mozzarella quiche , mesclun salad with tomatoes, and dinner roll
FRI 7/27	Banana French toast and grits	Chicken salad , arugula and cucumber salad, and whole wheat bread	Black bean and sweet potato chili , barley, and garden salad
SAT 7/28	Scrambled eggs , Wheatena, and multigrain bread	Coconut curried cod , braised collard greens, and tabbouleh with chickpeas	Baked cod with Moroccan tomato sauce , brown rice, and cucumber, tomato, and feta salad

WEEK OF JULY 29-AUGUST 3

	BREAKFAST	LUNCH	DINNER
SUN 7/29	Corn muffin , cottage cheese, and oatmeal	Baked ziti with vegetables , sautéed broccoli, and dinner roll	Beef and turkey meatloaf with mushroom gravy , barley, corn, black bean, and spinach salad
MON 7/30	Corn muffin and oatmeal	Beef stew , brown rice, and baked sweet potato	Stuffed peppers with turkey , brown rice, and arugula salad
TUES 7/31	Wheat flake cereal and cottage cheese	Jerk chicken , polenta, and collard greens	Vegetarian lasagna and romaine, carrot, beet and chickpea salad
WED 8/1	Scrambled eggs , Cream of Wheat, and multigrain bread	Baked cod with lemon and garlic , yellow rice with pigeon peas, and cabbage and carrot slaw	Arroz con pollo , roasted zucchini and dinner roll
THUR 8/2	Yogurt , coconut granola with NYS oats, and multigrain Cheerios	Spinach and mozzarella quiche , sautéed green beans, and dinner roll	Linguini with tomato, tuna, and black olives and kale with lemon
FRI 8/3	Turkey sausage patty , cheesy home fries, and multigrain bread	Chicken Parmesan , spaghetti, and sautéed collard greens	Chickpea stew , tabbouleh, and baby spinach salad
SAT 8/4	Cottage cheese , Wheatena, and English muffin	Salmon frittata with potatoes and peas , garden salad, and dinner roll	Tuna fish salad , garden salad, and multigrain bread