

JUNE 2012 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
 Catering <i>for a Cause</i>				1 Deceptively Delicious Tuna Pita with Lettuce and Tomato, Fresh Broccoli and Orange Slices
4 Beef Tips Demi-Glace over Pasta, Mixed Greens with Raspberry Vinaigrette and Mango	5 Homemade Nachos with Refried Beans and Cheese with Fresh Salsa, Colored Pepper Strips and Strawberries	6 Oven-Roasted Turkey Slices, Asparagus, Raspberries, and a Wheat Breadstick	7 Beef-Marinara Stuffed Peppers, Apples with Whipped Peanut Butter and a Parmesan Bread Knot	8 Egg Salad Sandwich with Lettuce and Tomatoes, Confetti Coleslaw and Mangos and Strawberries
11 Grilled Chicken, Cashew and Broccoli Pizza with a Cucumber and Tomato Salad and Strawberries	12 BBQ Beef Sandwiches, Tossed Salad with Citrus Vinaigrette Honeydew and Cantaloupe	13 Grilled Cheese Sandwich, Marinated Veggies with Grapefruit and Kiwi Salad	14 Lean Beef Meatloaf with Mashed Potatoes, Grilled Snap Peas and Red Peppers with Mixed Fruit Medley	15 Parmesan Chicken Breast with Marinara, Carrots and Celery Sticks, Honey-Lime Pineapple Pieces and a Whole Wheat Roll
18 Black Bean, Avocado and Cheese Quesadilla, Southwestern Tomato, Veggie and Rice Salad with Banana-Yogurt Cups	19 Roasted Turkey Wraps with Fresh Greens, Swiss Cheese and Tomatoes, with Zucchini-Mushroom Stir-Fry and Peaches	20 Chef Salad with Cheesy Breadstick Twists and Apple and Yogurt Dippers	21 Roast Beef Skewers with Assorted Fresh Vegetables and Red Potatoes, Orange Slices and Whole Wheat Garlic Roll	22 Sweet and Sour Pork, Brown Rice and Veggie Stir Fry with Watermelon Slices
25 Asian Chicken-Lettuce Wrap, Crispy Snap Peas and Frozen Grapes	26 Pork Loin with Apple-Raisin Glaze, Mashed Sweet Potatoes, Whole Wheat Breadstick with Kiwi and Bananas	27 Lean Cheeseburgers in Lettuce/Tomato Boats, Carrot and Pepper Slices, Whole Wheat Chips, Pineapple Salsa	28 Wheat Pasta with Turkey and Light Alfredo Sauce, Caprese Salad, Lemon Italian Ice	29 Honey-Mustard Chicken Sandwiches Rotini & Vegetable Salad Plums

*All fruits and vegetables are fresh. Any grain should be whole wheat or multi-grain. All milk based products such as cheeses are 2%. All meats should be lean cut and low sodium. Any dip should be low fat or fat free. All meals served with milk.