

2 Taste Catering *Lunch*



FLIPANY Summer Foods August 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>**Fresh fruit includes, but is not limited to: strawberries, oranges, kiwi, apples, peaches, plums, nectarines, pineapple, watermelon, melon, grapes, bananas, etc.</p>	<p>1 Macaroni & Cheese ¾ c Spinach & Tomato Salad ½ c LF French dressing 1 ea Fresh Fruit ½ c Milk* 1 c</p>	<p>2 Salisbury Steak with Au Jus 1 ea Whole Grain Roll 1 ea Mashed Potato with Corn ¼ c Fresh Fruit ½ c Milk* 1 c</p>	<p>3 We Roll Your Sandwich: Turkey 2 oz & Cheese 1 oz WW Roll Up 1 ea Green Bean & Tomato Salad ¼ c In Vinaigrette Fresh Fruit ½ c Milk* 1 c</p>	<p>4 Build A Taco: Mixed Beans & Cheddar 3 oz on Soft Taco 1 ea Shred Lettuce Salad ½ c Romaine, Tomato Salsa ½ oz Fresh Fruit ½ c Milk* 1 c</p>
<p>7 Build Your Bun: Chicken & Gravy 2 oz on Mini Hot Dog Bun 1 ea Vegetable Crudite ¼ c <i>Carrot, Celery, Broccoli, Cauliflower</i> with Dippin' Ranch 1 ea Fresh Fruit ½ c Milk* 1 c</p>	<p>8 Baked Ziti Pasta ¾ c including Ricotta Cheese 2 oz & Marinara Garden Salad ½ c Italian Dressing 1 ea Fresh Fruit ½ c Milk* 1 c</p>	<p>9 Herb Roasted Chicken 2 oz Dinner Roll 1 ea Garden Salad ½ c Italian Dressing 1 ea Fresh Fruit ½ c Milk* 1 c</p>	<p>10 Build Your Pita: Curry Chicken Salad 2 oz Pita Bread 1 ea Carrot and Pea Salad ¼ c S & S Vinaigrette Fresh Fruit ½ c Milk* 1 c</p>	<p>11 Build Your Burger: Hamburger 1 ea Burger Bun 1 ea Broccoli Salad ¼ c Fresh Fruit ½ c Milk* 1 c</p>
<p>14 Build Your Bun: Teriyaki Chicken 2oz with Bun Vegetable Crudite ¼ c <i>Carrot, Celery, Broccoli, Cauliflower</i> with Dippin' Vinaigrette 1 ea Fresh Fruit ½ c Milk* 1 c</p>	<p>15 Beefaroni ¾ c including Meat Sauce 2 oz Garden Salad ½ c Italian Dressing 1 ea Fresh Fruit ½ c Milk* 1 c</p>	<p>16 "Arroz con Pollo" Made as Chicken 2 oz & Brown Rice ½ c Mixed Greens Salad ½ c Spinach, Romaine & Cucumber French Dressing 1 ea Fresh Fruit ½ c Milk* 1 c</p>	<p>17 Build Your ½ Sandwich: Tuna Fish Salad 2 oz WW Bread 1 slice Slaw Salad ½ c in S & S Vinaigrette Fresh Fruit ½ c Milk* 1 c</p>	<p>18 Build Your Burger: Hamburger 1 ea Burger Bun 1 ea Broccoli Salad ¼ c Fresh Fruit ½ c Milk* 1 c</p>
<p>21 Back to School</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>
<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>	

