

Greater Miami 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. *1% or fat free</p>	<p>1 Barley and Vegetable Chili Whole grain tortilla strips Salad Fresh fruit Milk*</p>	<p>2 Salisbury steak w/gravy Mashed potatoes Corn Whole grain roll Pineapple, Milk*</p>	<p>3 Fricase de Pollo with spinach and broccoli Brown rice Plantains Milk*</p>	<p>4 Chinese veggies and rice with ham Brown rice Mixed fruit Milk*</p>
<p>7 Turkey, hummus, and cheddar cheese sandwich Beans whole wheat bread Salad, carrots, low fat French Fruit Mix, Milk*</p>	<p>8 Ropa Vieja Black bean Brown rice Corn on the cob Pineapple, Milk*</p>	<p>9 Chicken Curry casserole (made with low-fat yogurt) with cauliflower, sweet potato and collard greens and bulgur wheat, Fresh fruit, Milk*</p>	<p>10 Macaroni and cheese w/whole grain pasta and Cauliflower puree Vegetable Ratatouille Fresh fruit, Milk*</p>	<p>11 Roast Pork or Chicken Beans and Brown Rice Bruschetta salad Fresh Fruit, Milk*</p>
<p>14 Ham and feta cheese wrap Tortilla wrap with tomato, romaine lettuce Fresh fruit Milk*</p>	<p>15 Herb chickpea lentil salad Vegetable lasagna (Whole grain pasta) Fresh apple Milk*</p>	<p>16 Turkey picadillo w/ eggplant and zucchnini Ground turkey Whole brown rice Fresh fruit, Milk*</p>	<p>17 Baked Fish in Creole Sauce Roasted potatoes Whole wheat roll Slaw Fresh fruit Milk*</p>	<p>18 Arroz con pollo Brown rice Salad Fresh fruit <u>Milk</u></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>	

