**What’s Cooking in The Gathering Place Kitchen this Week?**

**Menu**

**Monday/Lunes 7/22**

*Breakfast*

Assorted Cereals (WGR), Bagels, Various Spreads, Toast (WGR), OJ, Coffee, Tea, Fruit

*Lunch*

Tuna Salad Sandwich on Bun with Lettuce, Tomato, and Potato Wedges

Vegetarian Option: Black Bean Burger Sandwich on Bun with Potato Wedges

Green Salad

Fruit

*Snack*

Chili Dog on Bun with Cheese

Fruit

**Tuesday/Martes 7/23**

*Breakfast*

Assorted Cereals (WGR), Bagels, Various Spreads, Toast (WGR), OJ, Coffee, Tea, Fruit

*Lunch*

MEAL SPONSOR! THANK YOU LIGHTSHADE!

Caprese Sandwich (Basil Pesto, Mozzarella, Tomato) with Herb Roasted Potatoes

Green Salad

Fruit

Lemonade

Chocolate Chip Cookie

**Wednesday/Miercoles 7/24**

*Breakfast*

Assorted Cereals (WGR), Bagels, Various Spreads, Toast (WGR), OJ, Coffee, Tea, Fruit

*Lunch*

Lemon Pepper Chicken Breast with Rice Pilaf and Roasted Vegetable Medley

Vegetarian Option: Lemon Pepper Tofu with Rice Pilaf and Roasted Vegetable Medley

Green Salad

Fruit

*Snack*

Tuna Salad Sandwich

Fruit

**Thursday/Jueves 7/25**

*Breakfast*

Assorted Cereals (WGR), Bagels, Various Spreads, Toast (WGR), OJ, Coffee, Tea, Fruit

*Lunch*

Tangy BBQ Beef Sandwich on Bun with Chips

Vegetarian Option: BBQ Pinto Bean Sandwich on Bun with Chips

Green Salad

Fruit

*Snack*

Subway Turkey Sandwich with Chips

Fruit

**Friday/Viernes 7/26**

*Breakfast*

Assorted Cereals (WGR), Bagels, Various Spreads, Toast (WGR), OJ, Coffee, Tea, Fruit

*Lunch*

MEAL SPONSOR! THANK YOU SLACK FOR GOOD!

Herb Chicken Sandwich on Bun with Fixings and Roasted Potatoes

Vegetarian Option: Herb Tofu Sandwich on Bun with Fixings and Roasted Potatoes

Green Salad

Fruit

*Snack*

Lemon Pepper Chicken Sandwich

Fruit

*Milk and Fruit is served at all meals. Whole Milk, 1%, and Nondairy alternative are served at every meal. All milk served to participants is unflavored, all participants 2 years and older are served either low-fat (1%) or fat-free milk and children 1 year old are served whole milk.*

*WGR- Indicates Whole grain rich requirement is met.*

*Note: Some menu side dishes are subject to change based on donations. Thank you for your understanding.*

*Our center participates in a USDA-funded Program and is an equal opportunity provider and employer. Nuestro centro participa en un programa financiado por el USDA y es un proveedor y empleador.*