






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Upon request, a container of low fat milk is available to go after lunch	1 FOUR BEAN SALAD PASTA SALAD COLE SLAW	2 BEEF MEATBALLS In TOMATO SAUCE SPAGHETTI STEAMED GREEN BEANS	3 GRILLED CHICKEN GARDEN SALAD COLE SLAW	4 CLOSED FOR 4TH OF JULY HOLIDAY
7 VEGETARIAN STUFFED CABBAGE PEARLED BARLEY SPICED MIXED VEGETABLES	8 CHICKEN SALAD POTATO SALAD CABBAGE AND BEET SALAD	9 EGG SALAD MEXICAN CONFETTI RICE STEAMED YELLOW SQUASH	10 BEEF AND STRING BEANS BROWN RICE VEGEABLE MIX	11 BBQ CHICKEN LEG QUARTERS SPINACH NOODLE KUGEL CAPRI BLEND VEGETABLES
14 BEEF HAMBURGER BAKED RED POTATO WEDGES HEALTH SLAW	15 CHICKPEA CURRY MEDLEY BROWN RICE ROASTED EGGPLANT	16 GINGER and LIME SALMON BAKED SWEET POTATO CALIFORNIA BLEND VEGETABLES	17 ASOPAO de POLLO (Puerto Rican Chick- en Stew) PRINCE EDWARD BLEND VEGETABLES	18 BBQ CHICKEN LEG QUARTERS BOWTIE PASTA with KASHA SAUTEED GREEN BEANS with ONIONS
21 BAKED FISH with GARLIC SAUCE COUS COUS with PEAS and LEMON STEAMED CARROTS	22 EGG SALAD GARDEN SALAD PASTA SALAD	23 EGGPLANT CHICKPEA TAGINE (Moroccan Eggplant & Chickpea Stew) EGG BARLEY VEGETABLE MIX	24 DAIRY-FREE BAKED ZITI with BEEF CAPRI BLEND VEGETABLES	25 BAKED CHICKEN QUARTERS APPLE NOODLE KUGEL ROASTED ZUCCHINI
28 SCALLION GINGER TOFU STIR FRY PEARLED BARLEY CAPRI BLEND VEGETABLES	29 CHICKEN GUMBO COUS COUS ROASTED EGGPLANT	30 TUNA SALAD PASTA SALAD COLE SLAW	31 CHICKEN SALAD YELLOW RICE STEAMED GREEN BEANS	  
<p>Sam Field, 58-20 Little Neck Pkwy, Little Neck NY 11362 (718) 225-6750 Bay Terrace, 212-00 23rd Ave, Bayside NY 11360 (718) 423-6111</p>				