

JULY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 • Tomato Soup • Quiche • Yogurt	2 • Chicken Sandwich • Grilled Veggies • Fruit	3 • Spinach Salad • Meatballs • Rice • Ice Cream	4
5	6 • Avocado Salad • Salmon • Couscous • AppleSauce	7 • Quesadillas • Guacamole • Grilled Chicken • Fruit	8 • Corn Salad • Garlic Pasta • Fish • Yogurt	9 • Carrots with Bechamel • Turkey Stew • Rice • Fruit	10 • Greek Salad • Chicken Gyros • French Fries • Cookies	11
12	13 • Brussels Sprouts • Mediterranean Fish • Quinoa • Yogurt	14 • Chickpea Salad • Grilled Chicken • Veggies • Fruit	15 • Caesars Salad • Creamy Shrimp • Rice • AppleSauce	16 • Tuna Pasta • Cucumbers and Dip • Fruit	17 • Shredded Carrots • Turkey Sandwich • Chocolate Mousse	18
19	20 • Broccoli and Dip • Bolognese Pasta • Yogurt	21 • Pear Salad • Teriyaki Chicken • Rice • Fruit	22 • Lentil Salad • Grilled Fish • Veggies • AppleSauce	23 • Asparagus Salad • Creamy Chicken • Couscous • Fruit	24 • Sweet potato Fries • Beef Sliders • Veggies • Cupcakes	25
26	27 • Broccoli • Grilled Chicken • Yellow Rice • Yogurt	28 • Mixed Salad • Shrimp Pasta • Fruit	29 • Carrot Soup • Grilled Cheese Sandwich • AppleSauce	30 • Cucumber Salad • Shell Pasta with Turkey • Fruit	31 • Raw Veggies • Chicken Cutlets • Strawberries and Creme	

NOTE: THE DESSERTS FOR INFANTS AND PRE - TODDLERS IS ALWAYS MADE WITH OATMEAL AND FRUITS | NO SUGAR | NO FLOUR |