

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
June 29 Pork Loin w/Mash Dinner: *Carnitas Bowl	30 Teriyaki Chicken w/Fried Rice Dinner: Chicken Dinner	July 1st Chicken Parm Dinner: Sausage Primavera	2 Asada Burritos Dinner: Beef Dinner	3 Burgers and Wings Dinner: Thai Basil Beef Bowls	4 Chicken Tacos Dinner: Spaghetti & Meatballs	5 Teriyaki Chicken Chow Mein Dinner:
6 Rosemary Chicken w/Pilaf Rice Dinner: Chicken Alfredo	7 Meatloaf w/Mash Dinner: Teriyaki Chicken w/Rice & Broccoli	8 Sandwiches Dinner: Protein style Burger	9 Chicken Masala Dinner: Beef Stew	10 Lasagna Dinner: Asada Burrito	11 Caesar Chicken Wrap Dinner: Chili Verde	12 Shrimp Pasta w/Pink Sauce Dinner: Sloppy Joes
13 Vietnamese Pork Loin and Rice Dinner: Spaghetti & Meatballs	14 Chicken Marsala w/Mash Dinner: Chicken Tacos	15 Philly Cheese Steaks Dinner: Teriyaki chicken w/rice and Broccoli	16 Baked Ziti Dinner: Chili Mac	17 Spicy Thai Basil Chicken Dinner: Filipino Pancit	18 Southwest Chicken Wrap Dinner: Pulled Pork Sliders	19 Breakfast Burrito Dinner: Salisbury Steak w/Mash
20 Fajitas Dinner: Chicken Dinner	21 Cajun Pasta Dinner: Philly Cheese Steak Fries	22 BBQ Ribs & Chicken Dinner: Chicken Tacos	23 Thai Curry w/Chicken Skewers Dinner: Chili w/Baked Potato	24 Beef Enchiladas Dinner: Bacon Burger	25 Ham/Swiss Sliders w/Mac Dinner: Teriyaki Chicken Fried Rice	26 Beef Patty w/Mushrooms Gravy and Sweet Potatoes Dinner: Shrimp Pasta w/Pink Sauce
27 Chicken & Tuna Salad Wraps Dinner: Spaghetti Bolognese	28 Teriyaki Drumsticks w/Rice Dinner: Philly Cheese Fries	29 Chicken Parm Sandwiches Dinner: Shepherd's Pie	30 Mediterranean Dinner: Chicken Dinner	31 *Chicken Enchiladas Dinner: Barbacoa Bowl	Aug 1st Burger Lettuce Wrap Dinner: Chili Rice	2 Ham/Swiss Sliders Dinner: Meatloaf w/Mash