

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				August 1st Beef Enchiladas Dinner: Protein Burger	2 Caesar Wraps Dinner: Beef Empanadas	3 Quiche Lorraine Dinner: Bulgogi Beef over rice w/ broccoli
4 Chicken Alfredo w/Salad Dinner: Sloppy Joes	5 Spicy Thai Basil Chicken Dinner: Salisbury Steak	6 Rosemary Chicken w/Pilaf Rice Dinner: Chicken Burritos	7 Chicken Parm Sandwiches Dinner: Pot Roast	8 Burgers, Wings and Pasta salad w/Fruit Dinner: Spaghetti and Meatballs	9 Southwest Chicken Wrap Dinner: Chicken Dinner	10 Chicken Tacos Dinner: Lomo Saltado
11 Cajun Pasta Dinner: Chicken w/Pancit	12 Teriyaki Chicken Fried Rice Dinner: Herb Butter Fish w/Rice Pilaf	13 Sandwiches Dinner: Blackened Chicken w/roasted potatoes and Veggies	14 Mexican Marinated Chicken w/Rice and Beans Dinner: Teri Chicken W/Chow Mein	15 Lasagna w/Garlic Bread and Salad Dinner: Pulled Pork Sliders w/Mac	16 Tri Tip Salad Dinner: Asada Tacos	17 Breakfast Burrito Dinner: Loco Moco
18 Meatloaf w/Mash Dinner: Turkey Sausage Primavera	19 Beef Stroganoff Dinner: Shepherds Pie	20 Chicken Enchiladas Dinner: Protein Burger	21 Bo Luc Lac w/Garlic Noodles Dinner: Fish Tacos	22 Burgers and Wings Dinner: Blackened Chicken w/Quinoa	23 BLT Wraps w/Chipotle Ranch Dinner: Taco Bowl	24 Curry Chicken w/Coconut rice and Veggies Dinner: Pasta w pink sauce
25 Vietnamese Pork Loin and Rice Dinner: Spaghetti and Meatballs	26 Fajitas Dinner: Chili w/Baked Potato	27 Chicken & Tuna Wraps Dinner: Teriyaki Chicken w/Rice and Broccoli	28 BBQ Chicken Quarters, Mac & Cheese Dinner: Shrimp & Grits	29 Baked Ziti Dinner: Pork Carnitas w/Rice and Beans	30 Bibimbap Dinner: Chicken Tacos	31 French Toast Breakfast Dinner: Chicken Dinner