



Café Hours: M-F 6:30-AM – 3:00 PM

Serving Hot Breakfast 6:30AM to 9:30
AM

August 2025 Lunch Menu

At least 4 out of 5 lunch meals we serve during the week follow the plate method, which encourages a balanced plate: half filled with non-starchy vegetables, one-quarter with lean protein, and one-quarter with healthy carbohydrate. The Apple a Day café only uses lean cooking techniques such as baking, broiling, boiling, grilling, roasting, and air frying to prepare our meals. Menu approved by RD. Milk available upon request.

1st
Salmon Patty w/ Dill Sauce
Asparagus
Baby Bakers

Chicken and Rice Soup

4th
Chicken or Beef Soft Tacos
Mexican Style Roasted Cauliflower
Spanish Rice

Poblano Queso w/ chips

Chicken Dumpling Soup

5th
Meatloaf
Green Beans
Mashed Potatoes with Gravy

Cheese Ravioli w/ Marinara

Sweet Pepper Beef Soup

6th
Smothered Pork Chop
Skillet Cabbage
Mashed potatoes w/ gravy

Shells Florentine

Chicken Noodle Soup

7th
Build your own Sandwich with
assorted bread, deli meat, cheese,
and toppings
Super Salad or Broccoli Salad
Assorted Chips

Tomato Basil Soup (V)

8th
Creamy Tuscan Shrimp or Chicken
Roasted Parmesan Cauliflower or
Caesar Salad
Buttered Noodles

Mushroom Stroganoff (V)

Vegetarian Chili (V)

11th
Bruschetta Chicken
Spring Mix Salad
Lemon Parmesan Rissotto

Spinach Stuff portobello Mushroom
Caps

Broccoli Cheddar Soup

12th
Potato & Sweet Potato Bar with
Assorted Toppings

Cream of Asparagus Soup

13th
Parmesan Crusted Tilapia
Roasted Asparagus
Loaded mashed potato Casserole

Mushroom Brie Bisque

14th
Build a Burrito Bowl
Black Beans
Mexican Style Corn
Cilantro Lime Rice
Grilled Peppers and Onions
Guacamole
Assorted cold toppings

Potato Soup

15th
Burger & Brats
Macaroni Salad w/ Peas, Peppers,
and Celery
Watermelon

White Chicken Chili

18th
Oven Fried Chicken or Salmon
Southern Green Beans
Mashed Potatoes w/ Gravy

Chicken Tortilla Soup

19th
Pineapple BBQ Chicken
Roasted Broccoli
White Rice

Veggie Bake

Cheeseburger Soup

20th
Greek Style Meatballs w. Tzatziki
Sauce
Greek inspired Salad
Herb Couscous

Pesto Tortellini/Broccoli & Roasted
Red Peppers

Chicken and Gnocchi Soup

21st
Sloppy Joe
Roasted Vegetable Medley
Curly Fries

French Onion Soup (V)

22nd
Chicken or Shrimp Tacos w/Lime
Slaw
Spanish Grilled Zucchini
Cilantro Lime Rice

Fresh Guacamole or Salsa Verde
w/Corn Chips

Smokey Poblano Soup

25th
Stuffed Chicken Breast
Roasted Vegetable Medley
Rice Pilaf

Ravioli with Marinara

Smokey Poblano Soup

26th
Cold Chicken Caprese Pasta Salad or
Caprese Pasta Salad (V)
Kale and Apple Salad
Fresh Fruit Medley

Summer Corn Chowder

27th
Rustic Salmon
Roasted Brussels Sprouts with
balsamic and Bacon
Garlic Mashed Potatoes

Tomato Basil Soup (V)

28th
Wing Bar! Boneless wings with
Assorted sauces
Assorted Vegetables with Ranch or
Blue Cheese
Macaroni and Cheese

Cauliflower “Wings” (V)

Spicy Thai Soup

29th
Steak, Shrimp, or Vegetable Fajitas
Mexican style corn
Guacamole or poblano queso and
chips

Pasta Faggioli Soup (V)

