



July 2026 Lunch Menu

Café Hours: M-F 6:30-AM – 3:00 PM

Serving Hot Breakfast 6:30AM to 10:00 AM / Serving Hot Lunch: 11:00 AM to 1:30 PM

Vegetarian options highlighted in Green Gluten Friendly options indicated with an Asterix

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.

6th Bourbon Grilled Salmon* Rice Pilaf Fresh Vegetable Medley* Mushroom Stroganoff w/ Buttered Noodles Chicken and Gnocchi Soup	7th Chunky Chicken Salad* on leaf lettuce or Croissant Roasted Red pepper hummus with fresh Cut Veggies* Rosemary Muffin French Onion Soup	8th Italian Beef Sandwich Super Salad* Roasted Stuffed Tomato* Mashed Potatoes* Grilled Veggie Bake Italian Wedding Soup	9th Slabo's Pulled Pork* Sandwich Cole Slaw* Green beans* Hatch Chili Macaroni and Cheese Tomato Basil	10th Goulash Roasted Broccoli* Garlic Bread Pasta w/ Marinara Sauce Vegetable Beef Soup
13th Swedish Meatballs Buttered Egg Noodles Grilled Zucchini & Squash* Mushroom Stroganoff w/ Noodles Sweet Pepper and Beef Soup	14th Potato Bar* with Assorted Toppings Broccoli* Cheese* Bacon* Ham * Chili Cheeseburger Soup	15th Caribbean Jerk Chicken Breast* Green Beans* Grilled Pineapple* Cilantro Lime Rice* Grilled Veggie Bake Potato Soup	16th Beef and Broccoli Stir Fry Stir Fry Veggies* Fried Rice Crab Rangoon Tofu and Vegetable Stir Fry Cream of Asparagus Soup	17th Chicken or Shrimp* Tacos w/Lime Slaw Spanish Grilled Zucchini* Cilantro Lime Rice Fresh Guacamole or Salsa Verde w/Corn Chips* California Medley Soup
20th Bourbon Glazed Chicken* Parmesan Roasted Cauliflower* Roasted Sweet Potatoes* Broccoli Cheddar Soup	21st General Tso's Chicken Stir Fry Vegetable Blend* Fried Rice Vegetable Egg Roll Split Pea Soup	22nd Build a Burrito Bowl Chicken or Beef* Black Beans* Mexican Style Corn Cilantro Lime Rice Grilled Peppers and Onions* Assorted cold toppings Chicken and Rice Soup	23rd Meat Loaf Peas* Mashed Potatoes and Gravy Dinner Roll Cheese Ravioli Tomato Basil Soup*	24th Rustic Salmon* Roasted Brussels sprouts with bacon, balsamic, and cranberries* Creamy parmesan orzo Mushroom Brie Bisque
27th Herb grilled pork chop* Skillet Cabbage* Broccoli Twice baked cauliflower Cheese Ravioli Cheeseburger Soup	28th Butter Chicken with Bell Peppers Steamed Broccoli* Basmati Rice* Clam Chowder	29th Build a Sandwich Bar Apple and Kale Salad or Broccoli Salad* Fresh Fruit Medley* Chicken and Gnocchi Soup	30th Honey Lime Chicken* Chopped Quiona Salad with Peanut dressing* White Rice* Smokey Poblano Soup	31st Fish or Chicken Tacos w/Lime Slaw* Mexican Style Street Corn Fiesta Black Beans* Spanish Rice* Mushroom Brie Bisque