Apple a Day Café	July 2024 Lunch	Menu	<b>Café Hours: M-F 6:30-AM</b> Serving Hot Breakfast 6:30AN Serving Hot Lunch: 11:00 AN	И to 9:30 AM
	1 <sup>st</sup> Chicken or Shrimp Tacos w/Lime Slaw Spanish Grilled Zucchini Cilantro Lime Rice Fresh Guacamole or Salsa Verde w/Corn Chips Smokey Poblano Soup	2 <sup>nd</sup> Bourbon Grilled Salmon Rice Pilaf Fresh Vegetable Medley Mushroom Stroganoff w/ Buttered Noodles Chicken Tortilla Soup	3 <sup>rd</sup> Burger & Brats Macaroni Salad w/ Peas, Peppers, and Celery Watermelon Potato Soup	4th PLEASE ENJOY ROOM SERVICE!
7 <sup>th</sup> Beef and Broccoli Stir Fry Stir Fry Veggies Fried Rice	8 <sup>th</sup> Potato & Sweet Potato Bar with Assorted Toppings	9th Italian Herb Grilled Pork Chop Skillet Cabbage Roasted Hot Honey Carrots	10 <sup>th</sup> Build a Burrito Bowl Black Beans Mexican Style Corn Cilantro Lime Rice	11 <sup>th</sup> Butter Chicken with Bell Peppers Steamed Broccoli or Mediterranean Cucumber Salad Basmati Rice
Crab Rangoon Tofu and Vegetable Stir Fry Vegetarian Chili	Cream of Asparagus Soup	Ravioli with Marinara Spicy Thai Soup	Grilled Peppers and Onions Assorted cold toppings Mushroom Brie Bisque	Mushroom Stroganoff Vegetable Beef Soup
Marinated Chicken w/ Mango Salsa Asparagus Herbed Couscous	Chunky Chicken Salad or Egg Salad on Leaf Lettuce Roasted Red Pepper Hummus w/ Fresh Cut Veggies	Swedish Meatballs Buttered Egg Noodles Grilled Zucchini & Squash	BBQ Pork Chops Roasted Parmesan Cauliflower Roasted Sweet Potatoes	Shrimp or Chicken Alfredo Spring Mix Salad Steamed Broccoli Fettuccini Noodles
Shells Florentine Broccoli Cheddar Soup	Rosemary Muffins Potato Soup	Mushroom Stroganoff w/ Noodles Mushroom Brie Soup	Grilled Vegetable Tower     Pasta Faggioli Soup       24th	Garlic Toast French Onion Soup
Oven Fried Chicken or Salmon Southern Green Beans Mashed Potatoes w/ Gravy	Spaghetti w/Meat Sauce Garden Salad or Broccoli Salad Garlic Bread	Orange Glazed Salmon Asparagus Sweet Potato Half	Pecan Crusted Pork Loin Roasted Cauliflower Baby Bakers	Fish or Chicken Tacos w/Lime Slaw Mexican Style Street Corn Fiesta Black Beans Spanish Rice
Broccoli Cheddar Soup	Spaghetti w/Mariana Sauce Chicken Tortilla Soup	Pesto Tortellini/Broccoli & Roasted Red Peppers Potato Soup	Eggplant Parmesan Chicken & Rice Soup	Vegetarian Chili
Caribbean Jerk Chicken Breast Green Beans Grilled Pineapple Cilantro Lime Rice	Turkey Panini or Veggie Panini Fresh Fruit Medley or Cucumber Salad Italian Pasta Salad Sweet Pepper Beef Soup	Italian Herb Grilled Chicken Roasted Balsamic Brussel Sprouts with Bacon Lemon Parm Risotto	Italian Beef Sandwich Super Salad Roasted Stuffed Tomato Curly Fries	
Shells Florentine Potato Leek Soup *Milk available upon request	RD Approved!	Ravioli with Marinara Smokey Poblano Soup	Grilled Veggie Bake Kickin' Kale Soup	

\*Milk available upon request