

Promise and Milk served with all meals		EAST BOSTON NEIGHBORHOOD HEALTH CENTER	ESP Lunch Program	JULY	2010	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Lasagna Roll Up / Tomato Vegetable Sauce Roll Chilled Pears	2 <u>4TH July Lunch</u> Cheeseburger / Roll Condiments Pasta Salad / Roasted Veggies Water Melon	3 CHEF SPECIAL MENU	4 th Of July Grilled Chicken / Orange Sauce Whipped Potato Mixed Vegetable Dinner Roll Chilled Peaches
5 Clam Chowder Monte Cristo Sandwich Cookie <i>Winthrop & Lewis Mall</i>	6 Beef & Bean Burrito Melted Cheese Sour Cream Mexican Rice Custard / Caramel	7 Seafood Salad / Roll Tomato / Lettuce Potato Chips <i>Banana Split</i>	8 American Chop Suey Mixed Veggie Whole Grain Bread Pineapple Ambrosia	9 Pasta Primavera Flamingo Sauce Italian Bread Sherbet	10 CHEF SPECIAL MENU	11 Pasta / Meatballs Grated Cheese French Beans Roll Cookies
12 Veal Parmesan Sandwich Broccoli Gratin Vanilla Ice Cream	13 Grilled Chicken Artichoke Sauce Pasta Beet Salad Dinner Roll Chilled Peaches	14 Chef Salad (turkey, ham, cheese) Dressing Roll Oatmeal Cookie	15 Pasta & Meatballs with Tomato Sauce Pesto Cauliflower Roll Lemon Italian Ice	16 Chicken Escarole Soup Turkey Salad Sandwich / Roll Lettuce Fresh Fruit	17 CHEF SPECIAL MENU	18 Chicken Patty Gravy Whipped Potato Green Beans Dinner Roll Banana Cream Pie
19 Grilled Chicken Breast Cranberry Sauce Scalloped Potato French Beans Roll Chilled Peaches	20 Summer Vegetable Soup Roast Beef / Cheese Roll Mayo / Mustard Pistachio Pudding	21 Macaroni / Cheese Stewed Tomatoes Pumpnickel Bread Chilled Fruit	22 Cobb Salad (lett, tom, corn, bacon, turkey, eggs) Dressing Roll Marble Cake / Topping	23 Corn Chowder Tuna Salad / Finger Roll Jell-O / Topping	24 CHEF SPECIAL MENU	25 Turkey / Gravy Whipped Potato Spinach Roll Pudding / Topping
26 Stuffed Shells Tomato Sauce Broccoli Bake Roll Chocolate Cake	27 Vegetable Barley Soup Fillet of Fish / Cheese Sandwich / Roll Tartar Sauce Chilled Pears	28 Greek Salad / Marinated Chicken Dressing Ciabatta Bread Lemon Italian Ice	29 Baked Ham / Sauce Scalloped Potato Peas & Carrots Roll Boston Cream Pie	30 Chicken Fingers Duck Sauce Veggie Fried Rice Roll Pineapple	31 CHEF SPECIAL MENU	August 1 Meatloaf / Gravy Whipped Potato Green Beans Roll Ice Cream

Menu changes may occur due to delivery mishaps or other non-controllable issues.

Alternative meals offered are: Macaroni & Cheese, Spaghetti & Meatballs, PB & J Sandwich, Protein Salad Sandwich, Soup