

July

2020

Congregation Beth Israel

July Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Spaghetti & Meatballs Vegetable Medley GF DF V Melon	2 Terriyaki Chicken GF Fried Veggie Rice GF DF V Eggroll DF V E Pineapple GF DF V	3 Pizza
6 Chicken Strips Mashed potatoes V Broccoli GF DF V Apples GF DF V	7 Beef Soft Tacos Rice GF DF V Refried Beans GF DF V Oranges GF DF V	8 Fish Sticks DF E Mac & Cheese E V Peas & carrots GF DF V Melon GF DF V	9 Chicken & Rice Casserole GF Cucumber & tomato salad GF DF V Pineapple GF DF V	10 Pizza
13 Swedish meatballs E Buttered noodles E V Roasted Broccoli GF DF V Apples GF V	14 Turkey soft tacos Rice GF DF V Black Beans GF DF V Mandarin oranges GF DF V	15 Tortellini w/ Marinara sauce V E Garlic Bread Sticks V E Peas GF DF V Melon GF DF	16 Grilled Chicken GF Brown Rice V Mixed veggies GF DF V Pineapple GF DF V	17 Pizza
20 Turkey & Cheese sandwiches on WW bread Veggie straws GF DF V Apples GF DF V	21 Bean & Cheese Quesadilla V Corn GF DF V Spanish Rice GF DF V Fruit	22 Bowtie pasta with tomatoes & Basil E V Zucchini & Squash GF DF V Melon GF DF V	23 Baked Chicken GF DF Buttered Noodles V E Butternut Squash GF DF V Pineapple GF DF V	24 Pizza
27 Roasted Turkey GF DF Mashed Sweet Potatoes GF V Cornbread GF DF V Apples GF DF V	28 Cheese Enchiladas GF V Vegan Enchiladas GF DF V Black Beans, GF DF V Spanish Rice GF DF V Fruit	29 Baked Fish GF DF V Roast Potatoes GF DF V Roast Broccoli GF DF V Melon GF DF V	30 Hamburger sliders w/ fixins Baked sweet potato tots GF DF V Black eyed peas GF DF V Pineapple GF DF V	31 Pizza