

# June

2021

## Congregation Beth Israel

June

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>Bean &amp; Cheese Tostadas GF V</b> <b>Zucchini &amp; Squash GF DF V</b> <b>Fruit GF DF V</b>	2 <b>Chicken Alfredo</b> <b>Peas &amp; Carrots GF DF V</b> <b>Fruit GF DF V</b>	3 <b>Beef sliders DF</b> <b>Sweet Potato Tots GF DF V</b> <b>Coleslaw GF DF V</b> <b>Fruit GF DF V</b>	4
7 <b>Beef Baked Ziti GF</b> <b>Green Peas GF DF V</b> <b>Fruit GF DF V</b>	8 Chicken Quesadilla Cauliflower Rice GF DF V Sweet Bell Peppers GF DF V Fruit GF DF V	9 <b>Cheese Tortellini w/marinara V</b> <b>Roasted Broccoli GF DF V</b> <b>Fruit GF DF V</b>	10 <b>Cheese Sandwich</b> <b>Lentil Veggie Stew GF DF V</b> <b>Fruit GF DF V</b>	11
14 <b>Chicken &amp; Rice DF</b> <b>Green Beans GF DF V</b> <b>Fruit GF DF V</b>	15 <b>Turkey Tacos DF</b> <b>Beans GF DF V</b> <b>Roasted Corn GF DF V</b> <b>Fruit GF DF V</b>	16 <b>Spaghetti &amp; Meatballs</b> <b>Broccoli GF DF V</b> <b>Fruit GF DF V</b>	17 <b>Salmon Cakes</b> <b>Quinoa Salad GF DF V</b> <b>Cucumber Slices GF DF V</b> <b>Fruit GF DF V</b>	18
21 <b>Turkey Lasagna</b> <b>Roasted Broccoli GF DF V</b> <b>Fruit GF DF V</b>	22 <b>Chicken Tostadas GF</b> <b>Roasted Corn &amp; Bell Pepper GF DF V</b> <b>Fruit GF DF V</b>	23 <b>Tomato, Basil, Mozzarella Pasta V</b> <b>Carrots GF DF V</b> <b>Fruit GF DF V</b>	24 <b>BBQ Chicken GF DF</b> <b>Baked Beans GF DF V</b> <b>Zucchini &amp; Squash GF DF V</b> <b>Fruit GF DF V</b>	25
28 <b>Chicken Pot Pie</b> <b>Roasted Broccoli GF DF V</b> <b>Fruit GF DF V</b>	29 <b>Black Bean Quesadilla V</b> <b>Cucumber &amp; sweet bell pepper GF DF V</b> <b>Fruit GF DF V</b>	30 <b>Swedish Meatballs</b> <b>Buttered Noodles V</b> <b>Carrots GF DF V</b> <b>Fruit GF DF V</b>	<b>***Alternative meals available***</b>	