



# Quick Bowls

MONDAY, JULY 6

## Thai Yellow Curry

Made with coconut milk, bell peppers, spinach, zucchini, yellow squash, carrots, onions, and cilantro. Served white rice and a choice of chicken or tofu.

TUESDAY, JULY 7

## Fajita Bowl

Sautéed peppers and onions in a mild chili seasoning. Served with Mexican rice, black beans, and cheddar cheese. Topped with guacamole, salsa, sour cream, and tortilla chips.

WEDNESDAY, JULY 8

## Lasagna

Italian Chicken Sausage lasagna made with tomato sauce and ricotta, topped with mozzarella cheese Or Vegetarian Caprese Lasagna with Fresh Mozzarella & Basil.

THURSDAY, JULY 9

## The Bento

Teriyaki chicken or tofu with made with cabbage, bell peppers, broccoli, carrots, and onions. Served with white rice and edamame.

FRIDAY, JULY 10

## Mediterranean Bowl

Oven roasted vegetables and garbanzo beans over wild rice pilaf topped with Feta Cheese. Choice of Italian Chicken Sausage or tofu.

