

PFG - JULY 2009 MENU - Week 1 (July 6, 2009)

LUNCHES

Cup of Soup and Side Salad with Whole Grain Roll

Main Salads (with whole grain roll)

- Spinach, Roasted Beets, Goat Cheese, and Orange-Balsamic Vinaigrette (w/ chicken)
- Nicoise Salad with Green Beans, Tomatoes, Potatoes, Olives (w/ chicken or tuna salad)
- Mixed Greens with Mango, Lime, Cucumber, and Red Onion (w/ chicken or shrimp)

Sandwiches (with choice of cup of soup or side salad)

- Summer Rolls with Spicy Dipping Sauce (choice of vegetarian, chicken, or shrimp)
- Open-Faced Orange-Sesame-Soy Chicken Sandwich
- Roasted Turkey with Basil-Artichoke Pesto on Whole Grain Bread
- Tuscan Tuna Salad on Whole Grain Bread

Frittata (with whole grain roll and choice of cup of soup or side salad)

- Bell Pepper and Caramelized Onion Frittata

Side Salads

- Mixed Salad with Balsamic Vinaigrette
- Green Bean and Red Onion Salad
- Sweet and Sour Asian Slaw

Soups

- Roasted Red Pepper and Tomato Soup
- White Bean and Rapini (Broccoli Rabe) Soup

DINNERS

Black Bean and Cheese Enchiladas with Green "Verde" Sauce

Roasted Chicken and Artichokes with Whole Grain Thin Spaghetti and Green Beans

Broiled Salmon with Mango-Orange Salsa, Wild Rice Pilaf, and Grilled Zucchini

Spiced Beef and Turkey Meatballs with Yogurt Sauce, Couscous, and Roasted Cauliflower