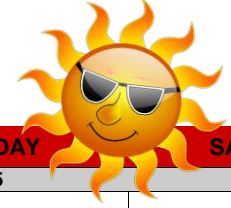


HALAL MENU JULY 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Fish w/ Tomatoes and Herbs Jeera Rice Sauteed Spinach Kale in Garlic Sauce <i>Fruit or Juice</i>	Chicken Shawarma Spiced Majadra Capri Blend Vegetables <i>Fruit or Juice</i>	Sweet and Sour Chicken Meatballs Kasha Varnishkes Steamed Carrots <i>Fruit or Juice</i>	Beef Meatballs w/ Moroccan Tomato Sauce Yellow Rice Stewed Okra and Tomatoes <i>Fruit or Juice</i>	Lemon Chicken Mashed Sweet Potatoes Steamed Green Beans <i>Fruit or Juice</i>	Cumin Spiced Chickpea and Tomato Stew White Rice Roasted Zucchini <i>Fruit or Juice</i>
7	8	9	10	11	12	13
Baked Breaded Fish Roasted Butternut Squash California Blend Vegetables <i>Fruit or Juice</i>	Baked White Fish with Garlic Crumb Crust Cilantro Lime Rice Vegetable Mix <i>Fruit or Juice</i>	Turkey Burger w/ Moroccan Tomato Sauce Creamy Spinach Spiced Sweet Potatoes <i>Fruit or Juice</i>	Aromatic Lentil Stew with Carrots and Turnips Rice Pilaf Steamed Green Beans <i>Fruit or Bar</i>	Beef Keema Cauliflower and Potatoes Steamed Okra <i>Fruit or Juice</i>	Curried Chicken Legs Cous Cous Capri Blend Vegetables <i>Fruit or Juice</i>	Crispy Oven Baked Falafel Patties Jeera Rice Steamed Carrots <i>Fruit or Juice</i>
14	15	16	17	18	19	20
Turkey Meatballs w/ Homemade Tomato Sauce & Pasta Roasted Zucchini <i>Fruit or Juice</i>	Turkey Burger w/ Brown Gravy Jeera Rice Roasted Zucchini <i>Fruit or Juice</i>	Chicken Shawarma Spiced Majadra Capri Blend Vegetables <i>Fruit or Juice</i>	Cumin Spiced Chickpea and Tomato Stew White Rice California Blend Vegetables <i>Fruit or Juice</i>	Beef Meatballs w/ Moroccan Tomato Sauce Cous Cous Steamed Carrots <i>Fruit or Juice</i>	Lemon Chicken Mashed Sweet Potatoes Steamed Green Beans <i>Fruit or Juice</i>	Baked Breaded Fish Roasted Butternut Squash Okra with Tomatoes <i>Fruit or Juice</i>
21	22	23	24	25	26	27
Fish with Tomatoes and Herbs Brown Rice Roasted Zucchini <i>Fruit or Juice</i>	Baked White Fish with Garlic Crumb Crust Cilantro Lime Rice Kale in Garlic Sauce <i>Fruit or Juice</i>	Turkey Meatballs w/ Moroccan Tomato Sauce Creamy Spinach Spiced Sweet Potatoes <i>Fruit or Juice</i>	Aromatic Lentil Stew with Carrots and Turnips Rice Pilaf Steamed Green Beans <i>Fruit or Juice</i>	Beef Keema Cauliflower and Potatoes Steamed Okra <i>Fruit or Juice</i>	Curried Chicken Legs Cous Cous Capri Blend Vegetables Sauteed Spinach <i>Fruit or Juice</i>	Crispy Oven Baked Falafel Patties Jeera Rice Kale Salad with Lemon <i>Fruit or Juice</i>
28	29	30	31			
Turkey Burger w/ BBQ Sauce Kasha Varnishkes Roasted Zucchini <i>Fruit or Juice</i>	Fish with Tomatoes and Herbs Jeera Rice Kale in Garlic Sauce <i>Fruit or Juice</i>	Chicken Shawarma Spiced Majadra Capri Blend Vegetables <i>Fruit or Juice</i>	Cumin Spiced Chickpea and Tomato Stew White Rice California Blend Vegetables <i>Fruit or Juice</i>			

All meals will be accompanied by a carton of milk, whole wheat bread, margarine, juice, and a piece of fruit (fruit & juice vary every day).