








MALDEN YMCA July 2023 Menu



Monday 3-Jul	Tuesday 4-Jul	Wednesday 5-Jul	Thursday 6-Jul	Friday 7-Jul
				
<p>Breakfast Corn Flakes Cereal, Fruit</p> <p>Lunch Arroz Con Pollo, Green Beans Fruit</p>	<p>Breakfast W.G. Blueberry Muffin, Fruit</p> <p>Lunch Swedish Meatball, Mash Potato WW Dinner Roll Fruit</p>	<p>Breakfast Toasted Oats Cereal, Fruit</p> <p>Lunch Cheese Lasagna Tomato Sauce Mixed Vegetables Fruit</p>		
<p>Breakfast Corn Flakes Cereal, Fruit</p> <p>Lunch Cheese Tortellini w/ Spinach Cream Sauce Italian Green Beans Fruit</p>	<p>Breakfast W.G. Apple Cinnamon Muffin, Fruit</p> <p>Lunch Chicken Nuggets Rice & Beans Mixed Vegetables Ketchup Fruit</p>	<p>Breakfast W.G. Blueberry Bagel w/ Cream Cheese, Fruit</p> <p>Lunch Chicken Pot Pie Stew w/ Gravy, Diced Carrots and Green Peas, Mash Potato, Warm Biscuit, Fruit</p>	<p>Breakfast Toasted Oats Cereal, Fruit</p> <p>Lunch Spaghetti and Meatballs w/ Tomato Sauce Green Beans Fruit</p>	<p>Breakfast W.G. Corn Muffin, Fruit</p> <p>Lunch WW Macaroni & Cheese Casserole, Fruit</p> 
<p>Breakfast Rice Krispies Cereal, Fruit</p> <p>Lunch BBQ Grilled Chicken Sweet Potato Wedges Dinner Roll Fruit</p> 	<p>Breakfast W.G. Cinnamon Raisin Bagel w/ Cream Cheese, Fruit</p> <p>Lunch Sweet n Sour Meatball, Quinoa Italian Blend Vegetables Fruit</p>	<p>Breakfast Toasted Oats Cereal, Fruit</p> <p>Lunch Cheese Ravioli Tomato Sauce Steamed Cauliflower Fruit</p> 	<p>Breakfast W.G. Banana Muffin, Fruit</p> <p>Lunch Turkey Stew w/ Gravy, Green Beans, Carrot Coins, Cut Corn Mash Potato, Warm Biscuit Fruit</p>	<p>Breakfast Corn Flakes Cereal, Fruit</p> <p>Lunch BREAKFAST FOR LUNCH W.G. French Toast w/ Maple Syrup Turkey Sausage Pattie Tater Tots Fruit</p>
<p>Breakfast Toasted Oats Cereal, Fruit</p> <p>Lunch Cheese Lasagna w/ Tomato Sauce Spinach Fruit</p> 	<p>Breakfast W.G. Corn Muffin, Fruit</p> <p>Lunch Roast Turkey w/ Gravy Mash Potato WW Dinner Roll Fruit</p>	<p>Breakfast W.G. Blueberry Bagel w/ Cream Cheese, Fruit</p> <p>Lunch Chicken Nuggets Sweet Pepper Brown Rice Broccoli Ketchup Fruit</p>	<p>Breakfast Rice Krispies Cereal, Fruit</p> <p>Lunch WW Macaroni & Cheese Casserole, & Carrots Fruit</p>	<p>Breakfast W.G. Blueberry Muffin, Fruit</p> <p>Lunch Chicken WW Ziti Broccoli w/ Alfredo Cream Sauce Italian Green Beans Fruit</p> 
<p>Breakfast Corn Flakes Cereal, Fruit</p> <p>Lunch Arroz Con Pollo, Steamed Baby Carrots Fruit</p>				

1% UNFLAVORED MILK SERVED WITH ALL MEALS

*Menu is Subject to Change

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