




MALDEN YMCA

JULY 2024 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1-Jul</p> <p>Lunch</p> <p>Turkey Stew</p> <p>w/ Turkey Gravy</p> <p>Warm Biscuit</p> <p>Whipped Potato</p> <p>Fruit</p> <p>"Turkey"</p> 	<p>2-Jul</p> <p>Lunch</p> <p>Turkey Meatballs</p> <p>w Sweet n Sour Sauce</p> <p>WG Quinoa</p> <p>Broccoli</p> <p>Fruit</p> <p>"Turkey"</p>	<p>3-Jul</p> <p>Lunch</p> <p>Cheese Ravioli</p> <p>w/ Tomato Sauce</p> <p>–</p> <p>Peas & Carrots</p> <p>Fruit</p> <p>"Vegetarian"</p>	<p>4-Jul</p> <p>Happy 4th of July</p> <p>HAPPY Independence DAY</p> 	<p>5-Jul</p> 
<p>8-Jul</p> <p>Lunch</p> <p>Grilled Chicken</p> <p>w/ Fajita Sauce</p> <p>Black Bean & Tomato Rice</p> <p>Mixed Vegetables</p>	<p>9-Jul</p> <p>Lunch</p> <p>Turkey Meatballs</p> <p>w/ Tomato Sauce</p> <p>WW Spaghetti</p> <p>Italian Blend Vegetable</p>	<p>10-Jul</p> <p>Lunch</p> <p>Country WG Chicken Patty</p> <p>w/Chicken Gravy</p> <p>Warm Biscuit</p> <p>Whipped Potato</p> 	<p>11-Jul</p> <p>Lunch</p> <p>Breakfast For Lunch</p> <p>Turkey Sausage Patty</p> <p>w/Maple Syrup</p> <p>WG French Toast</p> <p>Tater Tot</p>	<p>12-Jul</p> <p>Lunch</p> <p>WW Macaroni and Cheese</p> <p>w/ Cheddar Cheese Sauce</p> <p>WW Elbow Pasta</p> <p>Green Beans</p>
<p>15-Jul</p> <p>Lunch</p>  <p>WG Cheese Tortellini</p> <p>w/ Tomato Sauce</p> <p>–</p> <p>California Blend Vegetables</p> <p>Fruit</p>	<p>16-Jul</p> <p>Lunch</p> <p>BBQ Grilled Chicken Strips</p> <p>w/ BBQ Sauce</p> <p>Fiesta Rice</p> <p>Sweet Potato Wedges</p> <p>Fruit</p>	<p>17-Jul</p> <p>Lunch</p> <p>Turkey Tetrazini</p> <p>(Diced Turkey, Bowtie Pastas, Green Peas, Panko Crumb Topping)</p> <p>w/ Cream Sauce</p> <p>WW Pasta</p> <p>Italian Green Bean</p> <p>Fruit</p>	<p>18-Jul</p> <p>Lunch</p> <p>Swedish Turkey Meatball</p> <p>w/ Turkey Gravy</p> <p>Mash Potato</p> <p>WW Dinner Roll</p> <p>Fruit</p> 	<p>19-Jul</p> <p>Lunch</p> <p>WG Chicken Nuggets</p> <p>Ketchup</p> <p>Rice & Beans</p> <p>Broccoli</p> <p>Fruit</p>
<p>22-Jul</p> <p>Lunch</p> <p>Chicken Pot Pie Stew (w/ Diced Carrots & Green Peas)</p> <p>w/ Chicken Gravy</p> <p>Warm Biscuit</p> <p>Whipped Potato</p> <p>Fruit</p>	<p>23-Jul</p> <p>Lunch</p> <p>Breakfast For Lunch</p> <p>Turkey Sausage Patty</p> <p>w/Maple Syrup</p> <p>WG French Toast</p> <p>Tater Tots</p> <p>Fruit</p>	<p>24-Jul</p> <p>Lunch</p> <p>WW Macaroni and Cheese</p> <p>w/ Cheddar Cheese Sauce</p> <p>WW Elbow Pasta</p> <p>Sliced Carrots</p> <p>Fruit</p>	<p>25-Jul</p> <p>Lunch</p> <p>Arozz Con Pollo</p> <p>(Seasoned Chicken w/ Rice)</p> <p>–</p> <p>–</p> <p>Mixed Vegetables</p> <p>Fruit</p>	<p>26-Jul</p> <p>Lunch</p> <p>Vegetarian Beyond Bolognese</p> <p>(w/Beyond Crumble) w/ Shredded Parmesan Cheese</p> <p>w/ Tomato Sauce</p> <p>Linguine</p> <p>Green Bean</p> <p>Fruit</p>
<p>29-Jul</p> <p>Lunch</p>  <p>WG Chicken Nuggets</p> <p>Ketchup</p> <p>Rice & Beans</p> <p>California Blend Vegetables</p> <p>Fruit</p>	<p>30-Jul</p> <p>Lunch</p> <p>WG Cheese Lasagna</p> <p>w/ Tomato Sauce</p> <p>–</p> <p>Sliced Zucchini & Squash</p> <p>Fruit</p>	<p>31-Jul</p> <p>Lunch</p> <p>BBQ Turkey Meatballs</p> <p>w/ BBQ Sauce</p> <p>Southwest Quinoa</p> <p>Mixed Vegetables</p> <p>Fruit</p>	<p>1-Aug</p> 	<p>2-Aug</p> 

1% UNFLAVORED MILK SERVED WITH ALL MEALS

*Menu is Subject to Change

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