

August

Summer 2018

Island Grown Community Lunch

Good Food Builds Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Rice and Beans with Chicken Thighs Kale Salad Watermelon	2 Mediterranean plate: Hummus, Cheddar Cubes, Tomato/ Cucumber Salad, Olives Pita Chips Fresh Fruit	3 Veggie and Cheese Quiche Sunbutter and Banana Rollup Broccoli with dip Orange Wedges	4
5	6 Chicken Tenders Rice and Beans Veggie Sticks Melon Slice	7 Rice and Beans with Chicken Thighs Kale Salad Watermelon	8 Chicken Caesar Salad Pita Pocket Fresh Fruit	9 Yogurt Parfait with homemade granola Turkey Rolls Kale Salad Fruit Cup	10 Deli Sandwich on Wrap with Shredded Lettuce and Tomato Potato Salad Fresh Fruit	11
12	13 Mediterranean plate: Hummus, Cheddar Cubes, Tomato/ Cucumber Salad, Olives Pita Chips Fresh Fruit	14 BBQ Pulled Pork Wrap Rice and Beans Green Salad Fresh Fruit	15 Veggie and Cheese Quiche Sunbutter and Banana Rollup Broccoli with dip Orange Wedges	16 Bagel and Cream Cheese Hard Boiled Egg Veggie Sticks Fresh Fruit	17 Chef Salad Pita Pocket Cinnamon Apples	18

Each day there will also be a la carte selections including fresh fruit and vegetables, hummus, sunbutter, dressings, breads and crackers.
Menu subject to change.

Agosto

Verão 2018

Almoço comunitário do Programa de Cultivo da ilha

Boa comida constrói comunidade

Domingo	Segunda	Terça	Quarta	Quinta	Sexta	Sabado
			1 Arroz e Feijão com Coxas de Frango Salada de Kale Melancia	2 Prato Mediterrâneo: Hummus, Cubos de Queijo Cheddar, Salada de Tomate / Pepino, Azeitonas Chips de Pita Fruta Fresca	3 Quiche de Legumes e Queijo Enrolado de Sunbutter e Banana Brócolis com Molho Fatias de Laranja	4
5	6 Frango Tenders Arroz e Feijão Vegetais em Palitos Fatia de Melão	7 Arroz e Feijão com Coxas de Frango Salada de Kale Melancia	8 Salada de Frango com Molho Caesar Sanduíche de Pão Sírio. Fruta Fresca	9 Parfait de Iogurte com Granola Caseira Rolinhos de Peru Salada de Kale Taça De Frutas	10 Sanduíche de Frios Enrolado com alface picado e tomate Salada de Batata Fruta Fresca	11
12	13 Prato Mediterrâneo: Hummus, Cubos de Queijo Cheddar, Salada de Tomate / Pepino, Azeitonas Chips de Pita Fruta Fresca	14 Enrolado de Churrasco de Porco Desfiado Arroz e Feijão Salada verde Fruta Fresca	15 Quiche de Legumes e Queijo Enrolado de Sunbutter e Banana Brócolis com Molho Fatias de Laranja	16 Bagel e Cream Cheese Ovo Cozido e Vegetais em Palitos Fruta Fresca	17 Salada Chef Sanduíche de Pão Sírio. Maçãs com Canela	18

Todos os dias também haverá seleções à la carte, incluindo frutas e legumes frescos, hummus, sunbutter, molhos, pães e biscoitos.