

# July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	BYO Cold Cut Sammies	EF V	Hot Dog Picnic Lunch (Available to everyone!)	Independence Day
	(Turkey, Ham, Cheese, Grilled Veg, Hummus, Onion, Lettuce, bread)	Cheese Pizza	Veggie, fruit, milk	
	mustard, mayo, viniagrette)	Fruit and Vegetable	IT's FREE!	
	Fruit, vegetable, milk	milk		
	Vegan Friendly			
			Vegan dogs available	
7	8	9	10	11
	BYO Cold Cut Sammies	EF V		V EF GF
V EF	(Turkey, Ham, Cheese, Grilled Veg, Hummus, Onion, Lettuce, bread)	Cheese Pizza	BYO Salad Bar	Falafel plate
Vegetarian Pasta Salad		Fruit and Vegetable	(chicken, chick peas, lettuce, cheese, tomato red onion, grilled veg)	veggies, hummus, pita, tatziki, dips,
Chicken/Chickpeas on the side	mustard, mayo, viniagrette)	milk	Bread, Fruit, Vegetable, Milk	Fruit, Milk
Fruit, vegetable, Milk	Fruit, vegetable, milk			
			Vegan friendly	Vegan Friendly
	Vegan Friendly			
14	15	16	17	18
V EF		EF V	GF	V EF
Vegetarian Pasta Salad	BYO Cold Cut Sammies	Cheese Pizza	BYO Salad Bar	Bagels and cream cheese, Smoothies
Chicken/Chickpeas on the side	(Turkey, Ham, Cheese, Grilled Veg, Hummus, Onion, Lettuce, bread)	Fruit and Vegetable	(chicken, chick peas, lettuce, cheese, tomato red onion, grilled veg)	Fruit, vegetable, milk
Fruit, vegetable, Milk	mustard, mayo, viniagrette)	milk	Bread, Fruit, Vegetable, Milk	
	Fruit, vegetable, milk			
	Vegan Friendly		Vegan Friendly	
21	22	23	24	25
V EF		V EF	GF	DF
Vegetarian Pasta Salad	BYO Cold Cut Sammies	Cheese Pizza	BYO Salad Bar	Chicken Salad Wraps
Chicken/Chickpeas on the side	(Turkey, Ham, Cheese, Grilled Veg, Hummus, Onion, Lettuce, bread,	Fruit and Vegetable	(chicken, chick peas, lettuce, cheese, tomato red onion, grilled veg)	veggie, fruit and milk
Fruit, vegetable, Milk	mustard, mayo, viniagrette)	milk	Bread, Fruit, Vegetable, Milk	Gluten free wraps available
	Fruit, vegetable, milk			
	Vegan Friendly		Vegan Friendly	
28	29	30	31	
Vegetarian Pasta Salad	BYO Cold Cut Sammies		BYO Salad Bar	Dietary Key:
Chicken/Chickpeas on the side	(Turkey, Ham, Cheese, Grilled Veg, Hummus, Onion, Lettuce, bread)	Cheese Pizza	(chicken, chick peas, lettuce, cheese, tomato red onion, grilled veg)	EF - egg free
Fruit, vegetable, Milk	Fruit, vegetable, milk	Fruit and Vegetable	Bread, Fruit, Vegetable, Milk	DF - Dairy free
		milk		V - Vegetarian
	V, EF DF option		V EF GF option	GF - Gluten free

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