



PREPARATION ACADEMY SUMMER LUNCH MENU JULY 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July 8	Beef chop sui and a eggroll Over fried rice	July 9 Pork carnitas Tacos w rice And black beans	July 10 Shrimp and chicken Stir fry with steamed rice	July 11 Shrimp Egg Fried Rice w/ Peas & Carrots	July 12 Katsu chicken Steamed rice Mixed veg
July 15	Chicken Tenders Tater Tots Hawaiian Bun	July 16 Lemon Chicken Curry, Potato & Carrots Jasmine Rice	July 17 Pineapple Teriyaki Chicken Brock/Carrots & Rice	July 18 Peppered Chicken Bell Peppers & Onions Jasmine Rice	JULY 19 Baked meatloaf With mashed potatoes Steamed veg
July 22	Spicy chicken Low-main W chop sui veggies	July 23 Crunchy Taco Tuesdays Chicken Lettuce, Pico, Chaz & Rice	July 24 Jalapeno Garlic PORK Stir-Fry Veggies Jasmine Rice	July 25 Chicken Katsu Asian slaw Jasmine Rice	JULY 26 Kung pow chicken With a chow-main Stir-fry
July 29	pork Chow Mein w/ Cabbages, Carrots & Onions	July 30 Roasted Turkey w Gravy Mash Potatoes, Corn Green Beans			

- Summer**
- husky buffet**
- .Appetizers**
- .French fry's**
- .Onion rings**
- .Salads**
- .Fruit cups**
- .Drinks**
- .Lemonade**
- .Infused water**
- .Orange juice**
- .Fruit punch**
- .Deserts**
- .Cookies**
- .Ice cream**
- .Cream puffs**

