

Peachtree Road Lutheran Preschool  
Lunch Menu - July 2017

3 Cookout Burgers Hotdogs	4 Independence day	5 Chicken breast Green beans Basmati rice	6 Shepherd's pie with potatoes, carrots, peas and lima beans Bread sticks	7 Roasted chicken breast Orzo pasta with pesto and Broccoli
10 Turkey meatloaf Basmati rice with carrots and peas	11 BBQ pulled pork Quinoa Mixed vegetables	12 Lemon and pepper tilapia Brown rice Green beans	13 Chicken breast Penne pasta with marinara sauce Broccoli	14 Beef fried rice with Broccoli, baby corn, water chestnuts
17 Chicken Alfredo Fettuccini pasta Mixed vegetables	18 Chicken quesadilla Refried beans Salad	19 Salmon Basmati rice Broccoli	20 Spaghetti with meat sauce Sweet peas	21 Cookout Burgers Hotdogs
24 Turkey breast Mashed potatoes Green beans	25 Chicken breast Couscous Mixed vegetables	26 Teacher work day No school	27 Teacher work day No school	28 Teacher work day No school
31 Open House				

- Organic fresh fruit is served in every meal
- Kids with special diets will be served a different meal to fit their needs.
- Menu might change according to availability of items
- For questions and comments please contact me at [chefrogerio@live.com](mailto:chefrogerio@live.com)

By Executive Chef Rogerio Martins