SUMMER LUNCH MENU

July 2025

GOURMET GORILLA

Monday	Tuesday	Wednesday	Thursday	Friday
Monday, June 30 Ravioli w/Marinara Sauce Mozzarella Cheese Green Beans Applesauce	Tuesday, July 1 WG Chicken Patty *Veggie Burger* WG Hamburger Bun Italian Cucumber Salad Orange Slices Ketchup	Wednesday, July 2 Turkey Sausage Patty *Vegan Sausage Patty* French Toast Sticks Cucumber Slices Melon	Thursday, July 3 Pizza Muffin Marinara Sauce Broccoli Fruit Salad HP	Friday, July 4 Penne Pasta w/Roasted Red Pepper Sauce & Mozzarella Cheese Cauliflower Pear Slices
Monday, July 7 Tortellini w/Marinara Sauce Mozzarella Cheese Cauliflower Orange Slices	Tuesday, July 8 BBQ Chicken *Southern Lentils w/Brown Rice* Cornbread Collard Greens Apple Slices	Wednesday, July 9 Savory Hoisin-Glazed Chicken *Savory Hoisin-Glazed Tofu* Brown Rice Peas & Carrots Pineapple	Thursday, July 10 WG Pizza Bread Marinara Sauce Squash Medley Melon	Friday, July 11 Peri Peri Chicken *Peri Peri Tofu* Spanish Rice Steamed Carrots Applesauce
Monday, July 14 Penne Pasta Marinara Mozzarella Cheese Cauliflower Orange Slices	Tuesday, July 15 Creamy Mac & Cheese Garlic Green Beans Apple Slices	Wednesday, July 16 Turkey Meatloaf *Veggie Meatloaf* WG Breadstick Mashed Potatoes Melon Gravy	Thursday, July 17 Pineapple Miso Chicken *Pineapple Miso Tofu* WG Hamburger Bun Broccoli Fruit Salad CH	Friday, July 18 Turkey Tinga Taco *Veggie Taco* Shredded Cheddar Cheese Flour Tortilla Red Pepper Strips Appleberry Sauce
Monday, July 21 Bell & Evans Chicken Nuggets *GF/DF/EF Veggie Nuggets* WG Bread Steamed Carrots Applesauce Ketchup	Tuesday, July 22 Penne Pasta w/Tomato Cream Sauce & Mozzarella Cheese Green Beans Apple Slices	Wednesday, July 23 Turkey Meatball Marinara Sandwich *Veggie Meatball Marinara Sandwich* Shredded Mozzarella Cheese WG Hoagie Bun Broccoli Pineapple	Thursday, July 24 Turkey Bibimbap *(Not So) Fried Tofu* (Not So) Fried Rice Cucumber Slices Fruit Salad CP	Friday, July 25 Southwest Chicken *Southern Lentils* Arroz Verde Jicama & Cucumber Relish Pear Slices
Monday, July 28 Ravioli w/Marinara Sauce Mozzarella Cheese Green Beans Applesauce	Tuesday, July 29 WG Chicken Patty *Veggie Burger* WG Hamburger Bun Italian Cucumber Salad Orange Slices Ketchup	Wednesday, July 30 Turkey Sausage Patty *Vegan Sausage Patty* French Toast Sticks Cucumber Slices Melon	Thursday, July 31 Pizza Muffin Marinara Sauce Broccoli Fruit Salad HP	Friday, August 1 Penne Pasta w/Roasted Red Pepper Sauce & Mozzarella Cheese Cauliflower Pear Slices

WG= Whole Grain
CHP= Cantaloupe, Honeydew, Pineapple

GourmetGorilla.com

GOURMET GORILLA

SUMMER COMFORT LUNCH MENU

July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Monday, June 30 Bell & Evans Chicken Nuggets WG Bread Green Beans Applesauce Ketchup	Tuesday, July 1 Penne Pasta Marinara Mozzarella Cheese Italian Cucumber Salad Orange Slices	Wednesday, July 2 Creamy Mac & Cheese Cucumber Slices Melon	Thursday, July 3 Penne Pasta Marinara Mozzarella Cheese Broccoli Fruit Salad HP	Friday, July 4 Bell & Evans Chicken Nuggets WG Bread Cauliflower Pear Slices Ketchup
Monday, July 7 Creamy Mac & Cheese Cauliflower Orange Slices	Tuesday, July 8 Penne Pasta Marinara Mozzarella Cheese Collard Greens Apple Slices	Wednesday, July 9 Creamy Mac & Cheese Peas & Carrots Pineapple	Thursday, July 10 Bell & Evans Chicken Nuggets WG Bread Squash Medley Melon Ketchup	Friday, July 11 Penne Pasta Marinara Mozzarella Cheese Steamed Carrots Applesauce
Monday, July 14 Creamy Mac & Cheese Cauliflower Orange Slices	Tuesday, July 15 Bell & Evans Chicken Nuggets WG Bread Garlic Green Beans Apple Slices Ketchup	Wednesday, July 16 Penne Pasta Marinara Mozzarella Cheese Steamed Peas Melon	Thursday, July 17 Creamy Mac & Cheese Broccoli Fruit Salad CH	Friday, July 18 Bell & Evans Chicken Nuggets WG Bread Red Pepper Strips Appleberry Sauce Ketchup
Monday, July 21 Creamy Mac & Cheese Steamed Carrots Applesauce	Tuesday, July 22 Bell & Evans Chicken Nuggets WG Bread Green Beans Apple Slices Ketchup	Wednesday, July 23 Penne Pasta Marinara Mozzarella Cheese Broccoli Pineapple	Thursday, July 24 Bell & Evans Chicken Nuggets WG Bread Cucumber Slices Fruit Salad CP Ketchup	Friday, July 25 Creamy Mac & Cheese Cucumber & Jicama Relish Pear Slices
Monday, July 28 Bell & Evans Chicken Nuggets WG Bread Green Beans Applesauce Ketchup	Tuesday, July 29 Penne Pasta Marinara Mozzarella Cheese Italian Cucumber Salad Orange Slices	Wednesday, July 30 Creamy Mac & Cheese Cucumber Slices Melon	Thursday, July 31 Penne Pasta Marinara Mozzarella Cheese Broccoli Fruit Salad HP	Friday, August 1 Bell & Evans Chicken Nuggets WG Bread Cauliflower Pear Slices Ketchup

WG= Whole Grain
CHP= Cantaloupe, Honeydew, Pineapple

GourmetGorilla.com