



Arbor Farms Kitchen

July Entrees & Salads

Rotating Seasonal Favorites

1-Jul	2-Jul	3-Jul	4-Jul	5-Jul	6-Jul	7-Jul
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Garlic Tomato Burgers	Chicken Pot Pie	Turkey Gruyere Burgers	G-F Almond Breaded Chicken	Fish Cakes	Bacon & Jalapeno Mac n Cheese	Ginger Lime Thighs
Portobella Parmesan	Rstd Red Pepper Corn Cakes	Breakfast Burritos	Black Bean Burgers	Zucchini Fritters	Corn and Shiitake Frittata	Cauliflower Fritters
Wheatberry Spring Salad	Carrot Raisin Salad	Tuscan White Bean Salad	Broccoli Chutney	Apple and Cabbage Slaw	Asparagus Caprese	Blue Cheese Pasta
8-Jul	9-Jul	10-Jul	11-Jul	12-Jul	13-Jul	14-Jul
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Grilled Blackened Chicken	Chicken Pot Pie	Turkey Gruyere Burgers	Tuscan Stuffed Peppers	Fish Cakes	Breaded Chicken	South American Picadillo Casserole
Mushroom Stuffed Gratin	Spinach Roasted Red Pepper Gratin	Tortilla Black Bean Pie	Black Bean Burgers	Zucchini Fritters	Mediterranean Frittata	Cauliflower Fritters
Tarragon Chicken Salad	Grilled Salmon Salad	Spicy Vietnamese Tofu Salad	Waldorf Salad	Apple and Cabbage Slaw	Asparagus Caprese	Carrot Chickpea Salad
15-Jul	16-Jul	17-Jul	18-Jul	19-Jul	20-Jul	21-Jul
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Garlic Tomato Burgers	Chicken Pot Pie	Turkey Gruyere Burgers	G-F Almond Breaded Chicken	Fish Cakes	Bacon & Jalapeno Mac n Cheese	Ginger Lime Thighs
Portobella Parmesan	Rstd Red Pepper Corn Cakes	Breakfast Burritos	Black Bean Burgers	Zucchini Fritters	Corn and Shiitake Frittata	Cauliflower Fritters
Wheatberry Spring Salad	Carrot Raisin Salad	Tuscan White Bean Salad	Broccoli Chutney	Apple and Cabbage Slaw	Asparagus Caprese	Blue Cheese Pasta
22-Jul	23-Jul	24-Jul	25-Jul	26-Jul	27-Jul	28-Jul
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Grilled Blackened Chicken	Chicken Pot Pie	Turkey Gruyere Burgers	Tuscan Stuffed Peppers	Fish Cakes	Breaded Chicken	South American Picadillo Casserole
Mushroom Stuffed Gratin	Spinach Roasted Red Pepper Gratin	Tortilla Black Bean Pie	Black Bean Burgers	Zucchini Fritters	Mediterranean Frittata	Cauliflower Fritters
Tarragon Chicken Salad	Grilled Salmon Salad	Spicy Vietnamese Tofu Salad	Waldorf Salad	Apple and Cabbage Slaw	Asparagus Caprese	Carrot Chickpea Salad
29-Jul	30-Jul	31-Jul				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Garlic Tomato Burgers	Chicken Pot Pie	Turkey Gruyere Burgers				
Portobella Parmesan	Rstd Red Pepper Corn Cakes	Tortilla Black Bean Pie				
Wheatberry Spring Salad	Carrot Raisin Salad	Tuscan White Bean Salad				
	CREATIONS	AVAILABLE	EVERY	DAY	IN	April
Every Day Entrees:	Salmon Burgers	Grilled Chicken Breast	Every Day Salads:	Classic Potato Salad	Broccoli Sunshine	Almond-Dill Chicken Salad
Grilled Salmon	Vegetable Lasagna	Mario's Lasagna	Quinoa Tabbouleh	AFM Chicken Salad	AFM Tuna Salad	Not-Chicken of the Sea
Sesame-crusted Tofu Cutlets	Mac n' Cheese	Turkey Meat Loaf	Olympian Salad	AFM Coleslaw	AFM Macaroni Salad	Greek Pasta Salad