

# SUPPER AT STOKES CAFE

## JUNE 2022

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		SALISBURY STEAK SALISBURY TOFU CORN CUP BROWN RICE PEARS MILK, 1% Lowfat MILK, Skim	CHICKEN NUGGETS VEGAN NUGGETS ROASTED CARROTS PLUMS ROLLS MILK, 1% Lowfat MILK, Skim	PASTA W/ RED SAUCE AND MOZZARE ROASTED BROCCOLI APPLESAUCE MILK, 1% Lowfat MILK, Skim
6	7	8	9	10
RED BEANS & RICE SHREDDED LETTUCE CUP ROLLS ORANGES MILK, 1% Lowfat MILK, Skim	CHICKEN TENDERS TOFU NUGGETS ROASTED CARROTS ROLLS ORANGES MILK, 1% Lowfat MILK, Skim	PASTA W/ RED SAUCE AND MOZZARE ROASTED BROCCOLI PEARS MILK, 1% Lowfat MILK, Skim	OVEN FRIED CHICKEN BAKED TOFU BROWN RICE PLANTAINS APPLESAUCE MILK, 1% Lowfat MILK, Skim	CHEESE QUESADILLA WHITE RICE BLACK BEANS APPLESAUCE MILK, 1% Lowfat MILK, Skim
13	14	15	16	17
CHICKPEA CURRY BROWN RICE ROASTED CARROTS APPLES MILK, 1% Lowfat MILK, Skim	CHICKEN NUGGETS VEGAN NUGGETS CORN CUP ROLLS ORANGES MILK, 1% Lowfat MILK, Skim	PASTA W/ RED SAUCE AND MOZZARE ROASTED BROCCOLI PEARS MILK, 1% Lowfat MILK, Skim	CILANTRO LIME CHICKEN CILANTRO LIME BAKED TOFU BROWN RICE ROASTED ZUCCHINI TANGERINES MILK, 1% Lowfat MILK, Skim	CHEESE QUESADILLA BLACK BEANS APPLESAUCE MILK, 1% Lowfat MILK, Skim
20	21	22	23	24
CHEESE QUESADILLA RED BEANS & RICE APPLES MILK, 1% Lowfat MILK, Skim	CHICKEN NUGGETS VEGAN NUGGETS ROASTED BROCCOLI ROLLS APPLES MILK, 1% Lowfat MILK, Skim	SALISBURY STEAK SALISBURY TOFU CORN CUP BROWN RICE PEARS MILK, 1% Lowfat MILK, Skim	CHICKEN NUGGETS VEGAN NUGGETS ROASTED CARROTS PLUMS ROLLS MILK, 1% Lowfat MILK, Skim	PASTA W/ RED SAUCE AND MOZZARE ROASTED CAULIFLOWER APPLESAUCE MILK, 1% Lowfat MILK, Skim
27	28	29	30	

MENU SUBJECT TO CHANGE. LOCAL INGREDIENTS SERVED WEEKLY.