

SVCC

JULY MENU

INDIVIUDAL BOXED LUNCHES



		July 1st	July 2nd	July 3rd
		Cajun & California	Indian & Italian	Chinese & South American
		<p align="center"><u>Cajun</u></p> <p>Protein: Cajun Butter Chicken <i>Paprika Roasted Potatoes & Grilled Seasonal Vegetables</i></p> <p>Vegetarian: Cajun Spiced Baked Tofu <i>Paprika Roasted Potatoes & Grilled Seasonal Vegetables</i></p>	<p align="center"><u>Indian</u></p> <p>Protein: Chicken Tikka Masala with Caramelized Onions <i>Vegetable Biryani & Roasted Curried Cauliflower</i></p> <p>Vegetarian: Tofu Tikka Masala with Caramelized Onions <i>Vegetable Biryani & Roasted Curried Cauliflower</i></p>	<p align="center"><u>Chinese</u></p> <p>Protein: Kung Pao Chicken <i>Steamed White Rice & Stir-Fried Vegetables</i></p> <p>Vegetarian: Beyond Kung Pao Chicken <i>Steamed White Rice & Stir-Fried Vegetables</i></p>
		<p align="center"><u>California</u></p> <p>Protein: One Pan Roasted Chicken & Veggies <i>Wild Rice & Roasted Green Beans</i></p> <p>Vegetarian: One Pan Roasted Beyond Chicken & Veggies <i>Wild Rice & Roasted Green Beans</i></p>	<p align="center"><u>Italian</u></p> <p>Protein: Beef Ragu Spaghetti <i>Garlic Bread & Mixed Vegetables</i></p> <p>Vegetarian: Mushroom Ragu Spaghetti <i>Garlic Bread & Mixed Vegetables</i></p>	<p align="center"><u>South American</u></p> <p>Protein: Black Bean & Beef Enchiladas <i>Cilantro Rice & Roasted Poblano Peppers with Onions</i></p> <p>Vegetarian: Bean & Cheese Enchiladas <i>Cilantro Rice & Roasted Poblano Peppers with Onions</i></p>
<u>Sandwich</u>	<u>Sandwich</u>	<u>Sandwich</u>	<u>Sandwich</u>	<u>Sandwich</u>
Turkey <i>Side Green Salad</i>	Chicken & Prosciutto <i>Side Green Salad</i>	Chicken & Mozzarella <i>Side Green Salad</i>	Italian Salami & Black Forest Ham <i>Side Green Salad</i>	Vegetarian <i>Side Green Salad</i>
<u>Salad</u>	<u>Salad</u>	<u>Salad</u>	<u>Salad</u>	<u>Salad</u>
Spinach Salad	Caesar Salad	Mango Arugula Salad	Southwest Salad	Mediterranean Chopped Salad

July 6 th	July 7 th	July 8 th	July 9 th	July 10 th
Greek & Thai	American & Burgers	Peruvian & Italian	BBQ & Chinese	Japanese & Mexican
<p><u>Greek</u></p> <p>Protein: Beef Stifado <i>Saffron Rice & Roasted Cauliflower with Red Peppers</i></p> <p>Vegetarian: Mushroom Stifado <i>Saffron Rice & Roasted Cauliflower with Red Peppers</i></p>	<p><u>American</u></p> <p>Protein: Crispy Chicken Tenders <i>Mashed Potatoes & Roasted Green Beans with Garlic</i></p> <p>Vegetarian: Mozzarella Cheese Stuffed Zucchini Boats <i>Mashed Potatoes & Roasted Green Beans with Garlic</i></p>	<p><u>Peruvian</u></p> <p>Protein: Peruvian Cilantro Chicken <i>Creamy Plantain Rice & Roasted Brussels Sprouts</i></p> <p>Vegetarian: Tofu Saltado <i>Creamy Plantain Rice & Roasted Brussels Sprouts</i></p>	<p><u>BBQ</u></p> <p>Protein: BBQ Chicken Legs <i>Cajun Potato Wedges & Grilled Vegetables</i></p> <p>Vegetarian: BBQ Baked Tofu <i>Cajun Potato Wedges & Grilled Vegetables</i></p>	<p><u>Japanese</u></p> <p>Protein: Chicken with Broccoli & Red Peppers <i>Steamed White Rice & Steamed Vegetables</i></p> <p>Vegetarian: Beyond Chicken with Broccoli & Red Peppers <i>Steamed White Rice & Steamed Vegetables</i></p>
<p><u>Thai</u></p> <p>Protein: Thai Lemongrass Grilled Chicken <i>Steamed White Rice & Thai Chili Roasted Broccoli</i></p> <p>Vegetarian: Thai Beyond Lemongrass Grilled Chicken <i>Steamed White Rice & Thai Chili Roasted Broccoli</i></p>	<p><u>Burgers</u></p> <p>Protein: Cajun Spiced Beef Burgers <i>Crispy Onion Rings</i></p> <p>Vegetarian: Grilled Garden Burgers <i>Crispy Onion Rings</i></p>	<p><u>Italian</u></p> <p>Protein: Chicken Marsala with Mushrooms <i>Garlic Mashed Potatoes & Roasted Vegetables</i></p> <p>Vegetarian: Beyond Chicken Marsala with Mushrooms <i>Garlic Mashed Potatoes & Roasted Vegetables</i></p>	<p><u>Chinese</u></p> <p>Protein: Beef & Broccoli <i>Vegetarian Chow Mein & Stir-Fried Vegetables</i></p> <p>Vegetarian: Tofu & Green Bean Stir Fry <i>Vegetarian Chow Mein & Stir-Fried Vegetables</i></p>	<p><u>Mexican</u></p> <p>Protein: Chicken Chile Verde <i>Arroz Rojo & Roasted Mexican Zucchini</i></p> <p>Vegetarian: Tofu Sofritas <i>Arroz Rojo & Roasted Mexican Zucchini</i></p>
<p><u>Sandwich</u></p> <p>Turkey <i>Side Green Salad</i></p>	<p><u>Sandwich</u></p> <p>Chicken & Prosciutto <i>Side Green Salad</i></p>	<p><u>Sandwich</u></p> <p>Chicken & Mozzarella <i>Side Green Salad</i></p>	<p><u>Sandwich</u></p> <p>Italian Salami & Black Forest Ham <i>Side Green Salad</i></p>	<p><u>Sandwich</u></p> <p>Vegetarian <i>Side Green Salad</i></p>
<p><u>Salad</u></p> <p>Greek Salad</p>	<p><u>Salad</u></p> <p>Mediterranean Chickpea Salad</p>	<p><u>Salad</u></p> <p>Caesar Salad</p>	<p><u>Salad</u></p> <p>Spinach & Faro Salad</p>	<p><u>Salad</u></p> <p>Greens & Apples Salad</p>

July 13 th	July 14 th	July 15 th	July 16 th	July 17 th
American & Mediterranean	Indian & Mexican	Italian & Chinese	Burgers & Latin	Thai & California
<p><u>American</u></p> <p>Protein: Buttermilk Fried Chicken Roasted Parmesan Potatoes & Garlic Roasted Carrots and Green Beans</p> <p>Vegetarian: Crispy Beyond Chicken Roasted Parmesan Potatoes & Garlic Roasted Carrots and Green Beans</p>	<p><u>Indian</u></p> <p>Protein: Classic Chicken Curry Turmeric Rice & Curry Roasted Cauliflower</p> <p>Vegetarian: Chickpea Curry Turmeric Rice & Curry Roasted Cauliflower</p>	<p><u>Italian</u></p> <p>Protein: Braised Italian Beef Garlic Mashed Potatoes & Roasted Zucchini & Peppers</p> <p>Vegetarian: Tofu Cacciatore Garlic Mashed Potatoes & Roasted Zucchini & Peppers</p>	<p><u>Burgers</u></p> <p>Protein: Beef Burgers Lettuce, tomatoes, onions, waffle fries</p> <p>Vegetarian: Garden Burgers Lettuce, tomatoes, onions, waffle fries</p>	<p><u>Thai</u></p> <p>Protein: Crispy Sweet Chili Chicken Steamed White Rice & Stir-Fried Vegetables</p> <p>Vegetarian: Sweet Chili Tofu Steamed White Rice & Stir-Fried Vegetables</p>
<p><u>Mediterranean</u></p> <p>Protein: Roasted Red Pepper Chicken Rice Pilaf & Roasted Eggplant, Onions, & Peppers</p> <p>Vegetarian: Crispy Falafel Rice Pilaf & Roasted Eggplant, Onions, & Peppers</p>	<p><u>Mexican</u></p> <p>Protein: Chicken Mole Spanish Rice & Chile Lime Roasted Vegetables</p> <p>Vegetarian: Tofu Mole Spanish Rice & Chile Lime Roasted Vegetables</p>	<p><u>Chinese</u></p> <p>Protein: Hoisin Chicken & Broccoli Steamed White Rice & Stir-Fried Baby Corn, Snow Peas, and Carrots</p> <p>Vegetarian: Beyond Hoisin Chicken & Broccoli Steamed White Rice & Stir-Fried Baby Corn, Snow Peas, and Carrots</p>	<p><u>Latin</u></p> <p>Protein: Braised Italian Beef Garlic Mashed Potatoes & Roasted Zucchini & Peppers</p> <p>Vegetarian: Tofu Cacciatore Garlic Mashed Potatoes & Roasted Zucchini & Peppers</p>	<p><u>California</u></p> <p>Protein: Herb Baked Chicken Legs Roasted Potatoes & Roasted Brussels Sprouts and Carrots</p> <p>Vegetarian: Parmesan Broccoli Casserole Roasted Potatoes & Roasted Brussels Sprouts and Carrots</p>
<p><u>Sandwich</u></p> <p>Turkey Side Green Salad</p>	<p><u>Sandwich</u></p> <p>Chicken & Prosciutto Side Green Salad</p>	<p><u>Sandwich</u></p> <p>Chicken & Mozzarella Side Green Salad</p>	<p><u>Sandwich</u></p> <p>Italian Salami & Black Forest Ham Side Green Salad</p>	<p><u>Sandwich</u></p> <p>Vegetarian Side Green Salad</p>
<p><u>Salad</u></p> <p>Spinach Salad</p>	<p><u>Salad</u></p> <p>Caesar Salad</p>	<p><u>Salad</u></p> <p>Mango Arugula Salad</p>	<p><u>Salad</u></p> <p>Southwest Salad</p>	<p><u>Salad</u></p> <p>Mediterranean Chopped Salad</p>

July 20 th	July 21 st	July 22 nd	July 23 rd	July 24 th
Korean & American	Japanese & Southern	South American & American	Greek & Indian	Italian & BBQ
<p><u>Korean</u></p> <p>Protein: Korean Glazed Chicken Wings <i>Korean Fried Rice & Sautéed Spinach with Garlic</i></p> <p>Vegetarian: Stir Fried Tofu & Green Beans <i>Korean Fried Rice & Sautéed Spinach with Garlic</i></p>	<p><u>Japanese</u></p> <p>Protein: Grilled Chicken Teriyaki with Red Peppers & Carrots <i>Short Grain White Rice & Steamed Vegetables</i></p> <p>Vegetarian: Beyond Chicken Teriyaki with Red Peppers & Carrots <i>Short Grain White Rice & Steamed Vegetables</i></p>	<p><u>South American</u></p> <p>Protein: Puerto Rican Spiced Chicken <i>Vegetarian Paella & Roasted Chimichurri Vegetables</i></p> <p>Vegetarian: Puerto Rican Spiced Beyond Chicken <i>Vegetarian Paella & Roasted Chimichurri Vegetables</i></p>	<p><u>Greek</u></p> <p>Protein: Greek Bone in Chicken <i>Saffron Rice & Mediterranean Grilled Zucchini with Tomatoes & Herbs</i></p> <p>Vegetarian: Mediterranean Tofu & Vegetable Bake <i>Saffron Rice & Mediterranean Grilled Zucchini with Tomatoes & Herbs</i></p>	<p><u>Italian</u></p> <p>Protein: Sage & Rosemary Baked Chicken <i>Garlic Mashed Potatoes & Roasted Seasonal Vegetables</i></p> <p>Vegetarian: Mushroom Ravioli</p>
<p><u>American</u></p> <p>Protein: Glazed Meatloaf <i>Mashed Potatoes & Roasted Vegetables</i></p> <p>Vegetarian: Beyond Meat Meatloaf <i>Mashed Potatoes & Roasted Vegetables</i></p>	<p><u>Southern</u></p> <p>Protein: Fried Fish <i>Served with Mashed Potatoes & Cajun Spiced Roasted Vegetables</i></p> <p>Vegetarian: Cajun Spice Baked Tofu <i>Served with Mashed Potatoes & Cajun Spiced Roasted Vegetables</i></p>	<p><u>American</u></p> <p>Protein: BBQ Glazed Meatballs <i>Parmesan Potatoes & Roasted Green Beans with Shallots</i></p> <p>Vegetarian: Vegetarian Chipotle Pasta</p>	<p><u>Indian</u></p> <p>Protein: Grilled Chicken Boti <i>Turmeric Rice & Roasted Curried Broccoli & Carrots</i></p> <p>Vegetarian: Vegetarian Samosa Plate <i>Turmeric Rice & Roasted Curried Broccoli & Carrots</i></p>	<p><u>BBQ</u></p> <p>Protein: Beef Brisket <i>Garlic Thyme Smashed Potatoes & Roasted Brussels Sprouts</i></p> <p>Vegetarian: Sheet Pan BBQ Tofu <i>Garlic Thyme Smashed Potatoes & Roasted Brussels Sprouts</i></p>
<p><u>Sandwich</u></p> <p>Turkey <i>Side Green Salad</i></p>	<p><u>Sandwich</u></p> <p>Chicken & Prosciutto <i>Side Green Salad</i></p>	<p><u>Sandwich</u></p> <p>Chicken & Mozzarella <i>Side Green Salad</i></p>	<p><u>Sandwich</u></p> <p>Italian Salami & Black Forest Ham <i>Side Green Salad</i></p>	<p><u>Sandwich</u></p> <p>Vegetarian <i>Side Green Salad</i></p>
<p><u>Salad</u></p> <p>Greek Salad</p>	<p><u>Salad</u></p> <p>Mediterranean Chickpea Salad</p>	<p><u>Salad</u></p> <p>Caesar Salad</p>	<p><u>Salad</u></p> <p>Spinach & Faro Salad</p>	<p><u>Salad</u></p> <p>Greens & Apples Salad</p>

July 27 th	July 28 th	July 29 th	July 30 th	July 31 st
Pasta & American	Spanish & Chinese	BBQ & Japanese	American & Italian	Burgers & Asian
<p><u>Pasta</u></p> <p>Protein: Spaghetti & Meatballs <i>Served with roasted vegetables</i></p> <p>Vegetarian: Pesto Tortellini <i>Served with roasted vegetables</i></p>	<p><u>Spanish</u></p> <p>Protein: Char Grilled Steak <i>Pinto beans & cilantro rice</i></p> <p>Vegetarian: Vegetarian Enchiladas <i>Pinto beans & cilantro rice</i></p>	<p><u>BBQ</u></p> <p>Protein: BBQ Chicken <i>Mashed potatoes, grilled corn, cauliflower, red bell peppers, & onions</i></p> <p>Vegetarian: Beyond BBQ Chicken <i>Mashed potatoes, grilled corn, cauliflower, red bell peppers, & onions</i></p>	<p><u>American</u></p> <p>Protein: Beef Brisket <i>Garlic Thyme Smashed Potatoes & Roasted Brussels Sprouts</i></p> <p>Vegetarian: Sheet Pan BBQ Tofu <i>Garlic Thyme Smashed Potatoes & Roasted Brussels Sprouts</i></p>	<p><u>Burgers</u></p> <p>Protein: Crispy Chicken Burgers <i>Lettuce, tomatoes, onions, brioche bun, & seasoned waffle fries</i></p> <p>Vegetarian: Vegan Garden Burger <i>Lettuce, tomatoes, onions, brioche bun, & seasoned waffle fries</i></p>
<p><u>American</u></p> <p>Protein: Fried Chicken <i>Served garlic mashed potatoes & roasted carrots</i></p> <p>Vegetarian: Rice Cauliflower Cakes <i>Served garlic mashed potatoes & roasted carrots</i></p>	<p><u>Chinese</u></p> <p>Protein: Kung Pao Chicken <i>Steamed white rice & spicy Szechuan green beans</i></p> <p>Vegetarian: Beyond Kung Pao Chicken <i>Steamed white rice & spicy Szechuan green beans</i></p>	<p><u>Japanese</u></p> <p>Protein: Chicken & Green Bean Stir Fry <i>Served with steamed white rice & steamed vegetables</i></p> <p>Vegetarian: Stir Fry Tofu <i>Served with steamed white rice & steamed vegetables</i></p>	<p><u>Italian</u></p> <p>Protein: Braised Italian Chicken <i>Garlic Roasted Potatoes & Italian Herb Vegetables</i></p> <p>Vegetarian: Eggplant Parmesan <i>Garlic Roasted Potatoes & Italian Herb Vegetables</i></p>	<p><u>Asian</u></p> <p>Protein: Sticky Chicken Wings <i>Served with Steamed White Rice & Spicy Green Beans</i></p> <p>Vegetarian: Fried Cauliflower <i>Served with Steamed White Rice & Spicy Green Beans</i></p>
<p><u>Sandwich</u></p> <p>Turkey <i>Side Green Salad</i></p>	<p><u>Sandwich</u></p> <p>Chicken & Prosciutto <i>Side Green Salad</i></p>	<p><u>Sandwich</u></p> <p>Chicken & Mozzarella <i>Side Green Salad</i></p>	<p><u>Sandwich</u></p> <p>Italian Salami & Black Forest Ham <i>Side Green Salad</i></p>	<p><u>Sandwich</u></p> <p>Vegetarian <i>Side Green Salad</i></p>
<p><u>Salad</u></p> <p>Spinach Salad</p>	<p><u>Salad</u></p> <p>Caesar Salad</p>	<p><u>Salad</u></p> <p>Caesar Salad</p>	<p><u>Salad</u></p> <p>Spinach & Faro Salad</p>	<p><u>Salad</u></p> <p>Greens & Apples Salad</p>