



Monday, August 3

White Bean and Italian Sausage (GF/*D) * Parmesan Topping Optional
 Spanish Red Bean and Kale (GF/DF/OF/VE) ↓

Tuesday, August 4

Turkey and Wild Rice (GF/D) ♦
 Greek Spinach (GF/DF/OF/VE) ♦▼

Wednesday, August 5

Chicken Tikka Masala (GF/DF) ▼
 Mulligatawny (GF/DF/OF/VE) ↓

Thursday, August 6

Pozole with Chorizo (GF/DF) ♦
 Mango Gazpacho (GF/DF/OF/VE)

Friday, August 7

New England Clam Chowder (D)
 Curried Lentil and Apricot (GF/DF/OF/VE)

Saturday, August 8

Corn Chowder (GF/DF/OF/VE/Nuts) ↓
 Sweet Potato Chowder (GF/DF/OF/VE) ↓