

June

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

CAFÉ BCHC

DID YOU KNOW

The carotenoid in the **Green Pea** is lutein, well known for reducing the risk of cataracts & muscular degeneration.

Market Table Feature

Berries are known for anti-viral, anti-bacterial properties. Blueberries & raspberries contain lutein for healthy vision.



1 Breakfast
French Toast
Lunch
Ravioli in a Spicy Tomato Cream Sauce
Roasted Garlic Bread
Asparagus, Mushroom & Farro Caesar

4 Breakfast
Breakfast Sandwiches
Lunch
Country Style Meatloaf
Garlic Roasted Broccoli
Steamed Red Potatoes

5 Breakfast
Migas Scramble, Sausage Patties, Potatoes
Lunch
Vegan Cavatappi Alfredo
Garlic Herb Breadstick

6 Breakfast
Biscuits & Gravy
Lunch
Herb Roasted Pork Loin
Garlic Roasted Vegetables
Mashed Potatoes

7 Breakfast
Buttermilk Pancake
Lunch
Crispy Cod Peas & Mushrooms
Santa Fe Potatoes

8 Breakfast
Western Scramble
Lunch
Turkey with Garlic Scallion Gravy
Vegetable Medley
Italian Roast Potatoes

11 Breakfast
breakfast Sandwiches
Lunch
Pulled Pork
Mac N Cheese
Potato Salad



12 Breakfast
Eggs, Sausage Patties, Potatoes
Lunch
Cauliflower Lentil Curry
Roasted Eggplant
Basmati Rice

13 Breakfast
Biscuits & Gravy
Lunch
Broccoli Spinach Lasagna
Garlic Herb Breadstick

14 Breakfast
Smashed Avocado
Toast
Lunch
Honey BBQ Turkey
Steamed Sugar Snap Peas
Herb Roasted Red Potatoes

15 Breakfast
baja Pressed Burrito
Lunch
Chicken Teriyaki
Zucchini & Kale Stir-Fry
Jasmine Rice

18 Breakfast
breakfast Sandwiches
Lunch
Mesquite Grilled Chicken
Green Beans & Carrots
Old Fashioned Mashed Potatoes

19 Breakfast
Eggs, Sausage Patties, Potatoes
Lunch
Beef & Broccoli Stir-Fry
Lemony Sugar Snap Peas
Jasmine Rice

20 Breakfast
Biscuits & Gravy
Lunch
Baked Montreal Cod
Southwestern Succotash
Herb Roasted Red Potatoes

21 Breakfast
Buttermilk Pancake
Lunch
Turkey Meatloaf
Stir-Fry Vegetables
Parslied Red Potatoes

22 Breakfast
Western Scramble
Lunch
Chicken Burrito
Guacamole
Charro Beans

25 Breakfast
Breakfast Sandwiches
Lunch
Butter Chicken
Indian-Spiced Cauliflower
Basmati Rice

26 Breakfast
Eggs, Sausage Patties, Potatoes
Lunch
Pork Chops with Asian Ginger Sauce
Lemon Garlic Broccoli
Teriyaki Quinoa

27 Breakfast
Biscuits & Gravy
Lunch
English-Style Battered Fish
Old- Fashioned Cole Slaw
Fries

28 Breakfast
Breakfast Pizza
Lunch
Citrus Pork Burrito
Guacamole
Chips



29 Breakfast
French Toast
Lunch
Turkey with Miso Mushroom Gravy
Baby Bok Choy
Kimchi Fried Rice