

INDIVIDUAL MEALS MONTHLY SCHEDULE

JULY

Monthly Rotating Menu

Weekly Rotating

Get it While You Can!

Jun 30 - Jul 4

Grillin' & Chillin'

- Baby Back Ribs
- Grilled Bavette Steak
- Grilled Vegetable Kebab (V)

Jul 7-11

California Fresh

- Herb Roasted Chicken
- Pomegranate Glazed Salmon
- Thai Red Curry Pumpkin(V)

Jul 14-18

Island Oasis

- Coconut Mahi Mahi
- Jamaican Jerk Chicken
- Vegetable Coconut Curry (V)

Jul 21-25

Pasta La Vista

- Grilled Chicken Penne
- Penne with Eggplant (V)
- Chicken Farfalle Alfredo

Jul 28 - Aug 1

Delhi-cious

- Chana Masala (V)
- Saag Paneer (V)
- Tandoori Chicken

Monthly Rotating

Available all of July!

Leaves & Grains

- Superfine Garden Salad with
 - Grilled Chicken
 - Grilled Salmon
 - Fried Tofu

Sizzlin' Summer

- Thai Chicken Curry
- Chile Braised Beef
- Seared Shrimp Orzo Salad
- Hearts of Palm "Ceviche" (V)

Stack, Wrap & Roll

- New England Shrimp Roll
- Tuscan Steak Wrap

Everyday Available

Always Available For Order!

SFK Everyday

- Chicken Tikka Masala
- Shawarma Chicken Kebab
- Chicken Enchiladas
- Mission Style Chicken Tinga Burrito
- Pan Seared Salmon Cakes
- Ginger Black Bean Salmon
- Cauliflower Tikka Masala (V)
- Mushroom Carnitas Enchiladas (V)

Leaves & Grains

- Salmon Nicoise Salad
- Keto Cobb Salad
- Seasonal Protein Bowl (V)
- Chicken Caesar Salad
- Caesar Salad (V)

Stack, Wrap & Roll

- The Chronicle
- Butchertown
- Grilled Chicken Banh Mi
- Maitake Banh Mi (V)
- Veggie Deluxe (V)
- Cubano
- Grilled Chicken Pesto