What's on the menu?

Week of June 23rd and 24th
Chicken enchiladas with rice and bean salad

Week of June 29th and 30th
Chef Jairo’s famous healthy chicken pasta alfredo with vegetables

Week of July 6th and 7th
OFF THIS WEEK

Week of July 13th and 14th
Pierogies with turkey kielbasa and sauerkraut

Week of July 20th and 21st
Roasted chicken with mashed potatoes and mixed vegetables

Week of July 27th and July 28th
Salisbury steak, rice and mixed vegetables

All meals are made healthy with whole grains and low sodium. If you want to learn more about how you can incorporate healthy meals into your diet contact registered dietitian Mia (wellness@elijahspromise.org 732-545-9002 ext. 120)

**Check back to find out what's on the menu for August**