










Malden YMCA JULY 2025 MENU				
Monday	Tuesday	Wednesday	Thursday	Friday
				
Lunch	Lunch	Lunch	Lunch	Lunch
	Breakfast For Lunch Turkey Sausage Patty w/Maple Syrup WG Waffle Tater Tots Fruit *Turkey*	Crustless Chicken Pot Pie (w/ Diced Carrots & Green Peas) w/ Chicken Gravy Warm Biscuit Whipped Potato Fruit *Chicken*	BBQ Turkey Meatball BBQ Sauce Southwest Rice Cauliflower Fruit *Turkey*	
7-Jul	8-Jul	9-Jul	10-Jul	11-Jul
Lunch	Lunch	Lunch	Lunch	Lunch
WG Chicken Nuggets Ketchup Rice & Beans Cut Corn *Chicken*	Macaroni and Cheese w/ Cheddar Cheese Sauce WG Elbow Pasta Mixed Vegetables *Meatless*	Oven Roasted Turkey  w/ Turkey Gravy WW Dinner Roll Whipped Potato *Turkey*	Vegetarian Bean Chilli w/ Cheddar Cheese on the side — Bulger Wheat Green Beans *Meatless*	Asian Chicken Stir Fry Rice Bowl — — California Blend Vegetable *Chicken*
14-Jul	15-Jul	16-Jul	17-Jul	18-Jul
Lunch	Lunch	Lunch	Lunch	Lunch
Grilled Chicken Strips w/ Fajita Sauce Black Bean & Tomato Rice Sliced Zucchini & Squash *Chicken*	WG Cheese Ravioli w/ Tomato Sauce — Steamed Spinach  *Meatless*	Grilled Chicken Strips w/ Sweet n Sour Orange Sauce Rice Pilaf Italian Green Beans *Chicken*	Taco Spaghetti — (Spaghetti) Mixed Vegetables  *Turkey*	Country WG Chicken Patty w/Chicken Gravy Warm Biscuit Whipped Potato *Chicken*
21-Jul	22-Jul	23-Jul	24-Jul	25-Jul
Lunch	Lunch	Lunch	Lunch	Lunch
Breakfast For Lunch Turkey Sausage Patty w/Maple Syrup French Toast Tater Tots Fruit *Turkey*	WG Chicken Nuggets Ketchup Rice & Beans Sliced Carrots Fruit *Chicken*	WG Cheese Tortellini w/ w/ Tomato Cream Sauce California Blend Vegetables Fruit *Meatless*	Crustless Chicken Pot Pie (w/ Diced Carrots & Green Peas) w/ Chicken Gravy Warm Biscuit Whipped Potato Fruit *Chicken*	Aroz Con Pollo — — Green Beans Fruit *Chicken*
28-Jul	29-Jul	30-Jul	31-Jul	
Lunch	Lunch	Lunch	Lunch	
WG Cheese Lasagna w/ Tomato Sauce Steamed Spinach Fruit *Meatless*	Southwest Turkey Rice Skillet — Italian Blend Vegetables Fruit *Turkey*	"Chicken n Waffles" WG Chicken Patty w/ Maple Syrup WG Waffle Sweet Potato Puffs Fruit *Chicken*	Macaroni and Cheese w/ Cheddar Cheese Sauce WG Elbow Pasta Italian Blend Vegetable Fruit *Meatless*	
1% UNFLAVORED MILK SERVED WITH ALL MEALS				
*Menu is Subject to Change				