

 SOMERVILLE YMCA 				
JULY 2026 MENU				
Monday	Tuesday	Wednesday	Thursday	Friday
 				
		1-Jul	2-Jul	3-Jul
		Breakfast wg Banana Muffin Fresh Seasonal Fruit Lunch Macaroni and Cheese w/ Cheddar Cheese Sauce wg Elbow Pasta Steamed Broccoli Fruit () *Meatless*	Breakfast Corn Flake Cereal Fresh Seasonal Fruit Lunch BBQ Grilled Chicken Strips BBQ Sauce Black Bean & Tomato wg Brown Rice Cut Corn Fruit () *Chicken*	
6-Jul	7-Jul	8-Jul	9-Jul	10-Jul
Breakfast wg Toasted Oat Cereal Fresh Seasonal Fruit Lunch Breakfast For Lunch Turkey Sausage Patty w/Maple Syrup wg Waffle Tater Tots Fruit () *Turkey*	Breakfast wg Apple Cinnamon Muffin Fresh Seasonal Fruit Lunch Grilled Chicken Strips w/ Sweet n Sour Orange Sauce Pineapple wg Brown Rice Sliced Zucchini & Squash Fruit () *Chicken*	Breakfast wg Blueberry Bagel w/ Cream Cheese Spread Fresh Seasonal Fruit Lunch Turkey Tetrazini (Diced Turkey w/ Cream Sauce & Green Peas) w/ Toasted Panko Topping ww Rotini Sliced Carrots Fruit () *Turkey*	Breakfast wg Banana Muffin Fresh Seasonal Fruit Lunch wg Cheese Lasagna w/ Tomato Sauce – Italian Blend Vegetable Fruit () *Meatless*	Breakfast wg Kix Cereal Fresh Seasonal Fruit Lunch BBQ Turkey Meatballs BBQ Sauce Southwest wg Brown Rice Green Beans Fruit () *Turkey*
13-Jul	14-Jul	15-Jul	16-Jul	17-Jul
Breakfast Crisp Rice Cereal Fresh Seasonal Fruit Lunch wg Chicken Nuggets Ketchup Dip Rice & Bean Mixed Vegetables Fruit () *Chicken*	Breakfast wg Banana Muffin Fresh Seasonal Fruit Lunch Taco Spaghetti (Ground Turkey) W/ Diced Tomato, Cilantro, Cheddar Cheese ww Spaghetti California Blend Vegetables Fruit () *Turkey*	Breakfast Corn Flake Cereal Fresh Seasonal Fruit Lunch Southwest Turkey Rice Skillet – wg Brown Rice Broccoli Fruit () *Turkey*	Breakfast wg Blueberry Muffin Fresh Seasonal Fruit Lunch wg Country Chicken Patty w/ Chicken Gravy Warm Biscuit Whipped Potato Fruit () *Chicken*	Breakfast wg Cinnamon Raisin Bagel w/ Cream Cheese Spread Fresh Seasonal Fruit Lunch wg Cheese Tortellini w/ Tomato Sauce – Italian Blend Vegetables Fruit () *Meatless*
20-Jul	21-Jul	22-Jul	23-Jul	24-Jul
Breakfast wg Kix Cereal Fresh Seasonal Fruit Lunch Chicken Teriyaki w/ Teriyaki Sauce Asian Inspired wg Brown Rice(w/ green peas & diced carrots) Asian Inspired Vegetable Blend Fruit () *Chicken*	Breakfast wg Apple Cinnamon Muffin Fresh Seasonal Fruit Lunch Swedish Turkey Meatball w/ Turkey Gravy ww Dinner Roll Mash Potato Fruit () *Turkey*	Breakfast wg Blueberry Bagel w/ Cream Cheese Spread Fresh Seasonal Fruit Lunch wg Cheese Ravioli w/ Tomato Sauce – Italian Blend Vegetables Fruit () *Meatless*	Breakfast Corn Flake Cereal Fresh Seasonal Fruit Lunch Breakfast For Lunch Turkey Sausage Patty w/Maple Syrup wg Waffle Tater Tots Fruit () *Turkey*	Breakfast wg Banana Muffin Fresh Seasonal Fruit Lunch Macaroni and Cheese w/ Cheddar Cheese Sauce wg Elbow Pasta Spinach Fruit () *Meatless*
27-Jul	28-Jul	29-Jul	30-Jul	31-Jul
Breakfast w/ Tomato Sauce Fresh Seasonal Fruit Lunch wg Cheese Lasagna w/ Spinach Tomato Sauce – Steamed Broccoli *Meatless* () *Meatless*	Breakfast wg Cinnamon Raisin Bagel w/ Cream Cheese Spread Fresh Seasonal Fruit Lunch wg Chicken Nuggets Ketchup Dip Rice Pilaf California Blend Vegetables *Chicken* () *Chicken*	Breakfast wg Blueberry Muffin Fresh Seasonal Fruit Lunch Vegetarian Bean Chili w/ Cheddar Cheese on the side – Bulger Wheat Mixed Vegetables *Meatless* () *Meatless*	Breakfast Crisp Rice Cereal Fresh Seasonal Fruit Lunch Grilled Chicken Strips w/ Fajita Sauce Fiesta wg Brown Rice Cut Corn *Chicken* () *Chicken*	Breakfast wg Apple Cinnamon Muffin Fresh Seasonal Fruit Lunch Bolognese w/ Ground Turkey w/ Shredded Parmesan Cheese Topping w/Tomato Meat Sauce ww Spaghetti Italian Green Beans *Turkey* () *Turkey*
1% Unflavored Milk is served with every Breakfast and Lunch and if required on Snack *Please Note Products are sent with Manufacturer label. If Product is portioned in house the items are intended to be consumed the same day of delivery or the next service day. Dispose of any left over items. *Menu is Subject to Change				
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