

July 2025 Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
V = vegetarian Vegan = no meat, eggs, or dairy		1 Vegetables Sushi Rolls, Edamame, Fruit <i>V & Vegan: ok</i>	2 Tomato Basil Soup, Grilled Cheese Sandwich, Apples <i>V: ok</i> <i>Vegan: Avocado Sandwich with Grilled Vegetables</i>	3 Black Bean Burger, Baked Sweet Potato Wedges, Fruit <i>V & Vegan: ok</i>	4 <i>LMUCC Closed University Holiday Independence Day</i>	5
6	7 Vegetable Soup, Tuna Salad Sandwich, Fruit <i>V & Vegan: Avocado Sandwich with Grilled Vegetables</i>	8 Lo Mein Noodles with Stir Fried Vegetables & Tofu, Steamed Carrots, Fruit <i>V & Vegan: ok</i>	9 Grilled Chicken, Spanish Rice, Steamed Vegetables, Fruit <i>V & Vegan: Marinated Tofu</i>	10 Chicken & Rice Soup, Steamed Vegetables, Fruit <i>V & Vegan: Vegetable & Rice Soup</i>	11 Penne with Bolognese, Grilled Vegetables, Fruit <i>V: ok</i> <i>Vegan: Vegan Bolognese</i>	12
13	14 Falafel, Hummus, Pita, Fruit <i>V & Vegan: ok</i>	15 Shepherd's Pie, Asparagus, Oranges <i>V & Vegan: Polenta Cakes with Marinara Sauce</i>	16 Baked Ziti, Steamed Vegetables, Fruit <i>V: ok</i> <i>Vegan: Pasta with Marinara Sauce</i>	17 Fish Tacos, Cabbage Salad, Fruit, Green Salsa <i>V & Vegan: Brown Rice & Black Beans</i>	18 Potato Corn Chowder, Grilled Chicken, Rolls, Fruit <i>V: No Chicken</i> <i>Vegan: Steamed Broccoli & Marinated Tofu</i>	19
20	21 Macaroni & Cheese, Crispy Kale, Fruit <i>V: ok</i> <i>Vegan: Pasta with Marinara Sauce</i>	22 Tortilla Soup, Cheddar Cheese, Rolls, Fruit <i>V: ok</i> <i>Vegan: No Cheese</i>	23 Mushroom & Cheese Pizza, Steamed Vegetables, Fruit <i>V: ok</i> <i>Vegan: No Dairy Pizza</i>	24 Tofu & Vegetable Stir Fry, Brown Rice, Oranges <i>V & Vegan: ok</i>	25 Pesto Pasta with Pumpkin Seeds, Black Bean & Corn Salad, Fruit <i>V & Vegan: ok</i>	26
27	28 Vegetarian Minestrone, Rolls, Fruit <i>V & Vegan: ok</i>	29 Chinese Chicken Salad with Crunchy Noodles & Green Dressing, Oranges, Brown Rice <i>V & Vegan: Marinated Tofu</i>	30 Spaghetti & Turkey Meatballs, Steamed Vegetables, Fruit <i>V & Vegan: Spaghetti with Marinara Sauce</i>	31 Black Bean Chili, Brown Rice, Steamed Vegetables, Fruit <i>V & Vegan: ok</i>		