

# Oatfield Estates

## July Menu - 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>BREAKFAST MADE TO ORDER EVERY MORNING</b>	<b>1</b> Lunch: Garden Burger w/ Chips & Fresh Fruit  Dinner: Veggie Quiche w/ Fruit Salad & Fresh Rolls	<b>2</b> Lunch: Veggie Enchiladas w/ Seasoned Corn & Green Salad  Dinner: BBQ Tofu on a Bun w/ Mac Salad & Pea Salad	<b>3</b> Lunch: Egg Salad Sandwich w/ Fresh Fruit & Salad  Dinner: Teriyaki Tofu w/ Lo Mein Noodles	<b>4</b> Lunch: Garden Burger w/Potato Salad, Watermelon & Ice Cream  Dinner: Veggie Pizza w/ Garden Salad	<b>5</b> Lunch: Fried Tofu w/ Seasoned Peas, Mashed Potatoes & Gravy  Dinner: Egg Salad Sandwich w/ Fresh Fruit & Chips
<b>6</b> Lunch: Grilled Cheese Sandwich w/ Tomato Basil Soup & Fruit  Dinner: BBQ Tofu w/ Baked Beans & Coleslaw	<b>7</b> Lunch: Spaghetti w/ Red Sauce & Texas Toast  Dinner: Veggie Tamale Pie w/ Corn Salad & Watermelon	<b>8</b> Lunch: Veggie Burrito Bowl w/ Chips & Salsa  Dinner: Egg Salad on a Croissant w/ Broccoli Salad	<b>9</b> Lunch: Garden Burger w/ Tots & Coleslaw  Dinner: Tofu Fajitas w/ Chips, Salsa & Salad	<b>10</b> Lunch: Swiss & Veggie Sliders w/ Pasta Salad & Fresh Fruit  Dinner: Tofu & Spinach Salad w/ Fresh Bread & Fruit	<b>11</b> Lunch: Veggie Burger w/ Roasted Red Potatoes & Fresh Veggies  Dinner: Italian Tortellini Pasta Salad w/ Fruit & Fresh Bread	<b>12</b> Lunch: Garden Burger w/ Chips & Fresh Fruit  Dinner: Tofu Salad Wraps w/ Cucumber Salad & Chips
<b>13</b> Lunch: Roasted Tofu w/ Roasted Sweet Potatoes & Fresh Veggies  Dinner: Grilled Tofu w/ Tabbouleh, Pita Bread & Tzatziki	<b>14</b> Lunch: Roasted Tofu w/ Corn, Mashed Potatoes & Gravy  Dinner: Egg Salad on a Croissant w/ Creamy Cucumber Salad	<b>15</b> Lunch: Veggie Taco Bake Casserole w/ Green Salad  Dinner: Crispy Tofu Salad w/ Fresh Fruit	<b>16</b> Lunch: Orange Tofu over Rice w/ Veggies  Dinner: Garden Burger w/ Tater Tots & Fruit	<b>17</b> Lunch: Roasted Tofu w/ Mashed Potatoes & Veggies  Dinner: Egg Salad Sandwich w/ Potato Salad & Coleslaw	<b>18</b> Lunch: Baked Tofu w/ Rice Pilaf & Veggies  Dinner: Pasta Primavera w/ Tofu & Garden Salad	<b>19</b> Lunch: Hearty Vegetable Soup w/ Green Salad  Dinner: Garden Burger w/ Peppers over Rice w/ Zucchini Salad
<b>20</b> Lunch: Veggie Tacos w/ Spanish Rice & Seasoned Corn  Dinner: Tofu Alfredo w/ Fresh Veggies	<b>21</b> Lunch: Garden Burger w/ Potato Salad & Fresh Fruit  Dinner: Tofu Sub w/ Marinara, Spring Pea Pesto Pasta Salad	<b>22</b> Lunch: Butter Tofu over Steamed Rice w/ Veggies  Dinner: Veggie Tacos w/ Refried Beans & Corn Salad	<b>23</b> Lunch: Veggie Burger w/ Pineapple Salad & Mac Salad  Dinner: Southwest Tofu Wrap w/ Chips & Fruit	<b>24</b> Lunch: Raviolis w/ Spinach Salad & Garlic Toast  Dinner: Tofu Sloppy Joes w/ Tater Tots & Coleslaw	<b>25</b> Lunch: Garden Burger w/ Tater Tots & Coleslaw  Dinner: Veggie Taco Salad w/ Fresh Fruit	<b>26</b> Lunch: Veggie Pasta w/ Garlic Toast & Green Salad  Dinner: Assorted Pizza w/ Garden Salad
<b>27</b> Lunch: Egg Salad Sandwich w/ Cucumber & Tomato Salad & Chips  Dinner: Beijing Tofu w/ Lo Mein Noodles & Stir Fry Veggies	<b>28</b> Lunch: Roasted Tofu w/ Seasoned Corn & Mashed Potatoes  Dinner: Garden Veggie Pasta Salad w/ Cucumber Salad & Fresh Bread	<b>29</b> Lunch: Roasted Tofu over Steamed Rice w/ Veggies  Dinner: Veggie Fajitas w/ Corn Salad & Fruit	<b>30</b> Lunch: Mushroom Swiss Garden Burger w/ Watermelon & Chips  Dinner: Roasted Tofu & Garden Vegetable Salad w/ Fresh Bread & fruit	<b>31</b> Lunch: Pasta Shells w/ Garden Salad & Garlic Toast  Dinner: BBQ Tofu w/ Baked Beans, Coleslaw & Cornbread		