

# Happy Father's Day

## OPICA LUNCH MENU - JUNE 2026 -

DATE	Monday	Tuesday	Wednesday	Thursday	Friday
<b>1-Jun</b>	Fish W/Garlic Sauce, Spinach, Corn, Quinoa, Orange	Carne Asada, Refried Beans, Chayote w/Onions & Tomatoes, WG Tortilla, Kiwi	Sesame Chicken, Parsnips, Cabbage in WG Noodles, Cantaloupe	Meatloaf, Vegetable Medley, WG Dinner Roll, Pineapple & Papaya	Chicken Pesto Pasta, Carrots, Broccoli, WG Pasta, Honeydew Melon
<b>8-Jun</b>	Pepper Steak, Green Beans, Mushrooms & Onion Stir Fry, Bok Choy, w/Dinner Roll Pineapple & Papaya	Chicken Tinga, Roasted Coarn, Brown Rice, Cantaloupe	White Fish, Carrots & Green Peas, Quinoa, Orange	Chile Verde Chicken Flauta, Black Beans, Brown Rice Kiwi or Strawberries	Beef w/Onions & Tomatoes, Steamed Collard Greens, Tomatoe salad, WG Roll, Tangerine
<b>15-Jun</b>	Orange Chicken, Garlic Zucchini & Carrots, Brown Rice, Cantaloupe	Beef Stir Fry, Broccoli, WG Noodles Orange	Baked Chicken, White Beans, Baked Yam, WG Roll, Tangerine	Fish Almandine, Garlic Spinach, carrots, Quinoa, Pineapple & Papaya	Beef Sandwich, Charred Brussels Sprouts, Salad, WG Bun, Peach Cobbler, Fruit
<b>22-Jun</b>	Beef Tri Tip w/Red Wine Mushroom sauce, Mashed Potato, Green Beans, WG Roll, Fruit	Chicken Chile Verde, Pinto Beans, Brown Rice, Cantaloupe	Fish Piccata, Sauteed Red & Orange Bell Peppers, WG Pasta, Pineapple & Papaya	Beef Stew, Garlic Kale, Vegetables, Brown Rice, Honeydew Melon	Poblano Creamy Chicken, Green Beans & Mushrooms, WG Pasta, Orange
<b>29-Jun</b>	Chicken Tikka Masala, Roasted Eggplant, Tomatoes & Onion, Brown Rice, Cantaloupe	Lemon Glazed Fish, Sweet Potato Mash, Green Beans, Quinoa, Pineapple & Mango			

