

OPICA LUNCH MENU

- AUGUST 2026 -

DATE	Monday	Tuesday	Wednesday	Thursday	Friday
3-Aug	Beef fajitas, Corn, Green Beans, WG Tortilla, Tangerine	Chicken Chile Verde, Pinto Beans, Garlic Zucchini, Brown Rice, Cantaloupe	Fish Piccata, Sauteed Red & Orange Bell Peppers, Quinoa, creamy coleslaw, Apple	Beef Stew, Garlic Kale, Vegetables, Brown Rice, Honeydew Melon	Turkey Bolognese, Broccoli, Mushrooms, WG Pasta, Orange
10-Aug	Chicken Tikka Masala, Roasted Eggplant, Tomatoes & Onion, Brown Rice, Cantaloupe	Lemon Glazed Fish, Carrots, Kale Salad, Quinoa, Banana	Beef & Broccoli, Bok Choy, Brown Rice, Honeydew Melon	Chicken Pasta Primavera, Green Peas, WG Pasta, Tangerine	Beef Chile Colorado, Black Beans, Zucchini w/herbs, WG Tortilla, Fruit
17-Aug	Fish W/Garlic Sauce, Spinach, Corn, Quinoa Pilaf, Orange	Carne Asada, Refried Beans, Chayote w/Onions & Tomatoes, WG Tortilla, Fruit	Sesame Chicken, WG Noodles, Vegetables, Cantaloupe	Beef Meatloaf, Vegetable Medley, Mashed Potatoes, WG Dinner Roll, Fruit	Chicken Pesto Pasta, Carrots, Broccoli Slaw, WG Pasta, Apple
24-Aug	Pepper Steak, Green Beans, Mushrooms & Onion Stir Fry, Bok Choy, w/Dinner Roll Fruit	Chicken Tinga, Roasted Corn, Brown Rice, Cantaloupe	White Fish w/lemon, Carrots & Herbed lentils, Quinoa, Orange	Chile Verde Chicken Flauta, Yellow Squash, Cabbage slaw w/cilantro lime Banana	Beef w/Onions & Tomatoes, Steamed kale, Roasted Potatoes, WG Roll, Tangerine
31-Aug	Turkey Picadillo, Pinto Beans, Yellow Squash, WG Tortilla Orange				