



# MIDDLEBURY NATURAL FOODS CAFE

## WEEKDAY LUNCH SPECIAL

### JULY 2010



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Pot Roast	2 Vegetarian Summer Risotto	3
4 Independence Day	5 Chicken Curry	6 Vegetarian Macaroni & Cheese	7 Asian Pork Burgers	8 BBQ Chicken	9 Vegetarian Lasagna	10
11	12 Greek Style Turkey Burgers	13 Vegetarian Tomato Pie	14 Calzone	15 Shepherds Pie	16 Vegan Pad Thai	17
18	19 Enchiladas	20 Vegan Tofu Curry	21 Peruvian Pork Roast	22 Roast Chicken	23 Vegetarian Frittata	24
25	26	27	28	29	30	31
<b>Sorry, there will be no hot bar this week</b>						



**MIX & MATCH ALL YOU LIKE! JUST \$7.59 PER POUND!**  
**LUNCH ON THE LIGHTER SIDE?**

CHECK OUT OUR FRESH, HAND PREPARED SALAD BAR THAT FEATURES SEASONAL  
 LOCAL CERTIFIED ORGANIC PRODUCE, OUR HOMEMADE DRESSINGS,  
 AND FRESH SOUPS STRAIGHT FROM THE CO-OP KITCHEN!

