

Young Explorers

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Lunch Menu

July Lunch Menu

	Mon	Tue	Wed	Thu	Fri
Week 1	3 Garlic Breadsticks with Marinara Sauce and Carrots	4 INDEPENDANCE DAY HOLIDAY	5 Cooking Day: Cheese Sandwich	6 Paneer Paratha and Yogurt	7 Vegetable Pilaf and Fries
Week 2	10 Cheese Quesadilla and Tortilla Chips	11 Mutter Paneer and Rice	12 Alfredo Pasta and Carrots	13 Stuffed Potato Paratha with Ketchup	14 Veggie Pasta with Marinara Sauce
Week 3	17 Paneer Sandwich	18 Food Pyramid Platter	19 Vegetarian Noodles	20 Lemon Rice and Fries	21 Idli and Coconut Chutney
Week 4	24 Jelly Sandwich and Carrots	25 Poori and Chole	26 Alfredo Pasta with Fries	27 Cauliflower Paratha with Yogurt	28 Veggie Chow Mein Pasta
Week 5	31 Veggie Pilaf with Raita				

**Note: We serve seasonal fruits and milk every day*