



What's for lunch?

Sept 14-18	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	Spaghetti and Marinara Sauce G	Cornflake Crusted Chicken D G E	Build Your Own Turkey Tacos	Beef Burgers	Rice with Chicken Pesto & Tomatoes D
Vegetarian Entrée	Rice Noodles with Marinara	Herb Tofu S	Refried Beans	Chickpea Burgers E	Marinated Red Bean Salad
Side	Steamed Peas	Honey Glazed Carrots	Cilantro Rice & Beans	Steamed Broccoli	Sautéed Collard Greens
Side	Steamed Kale	Steamed Green Beans	Roasted Plantains	Herb Roasted Potatoes	Sautéed Eggplant
Soup	Red Lentil & Chickpea	Tomato	Chicken Tortilla	Corn	Summer Vegetable & Rice

Cold Bar offerings include: salad greens, vegetable crudités, flavored yogurts & granola, deli meats (ham or turkey), cheese, hard-boiled eggs, olives or pickles, pita crisps or soft pita, wraps, bread, sunflower butter & jelly sandwiches, specialty spread, specialty salad and condiment bar (vegan mayo, ketchup, mustard, tamari & salad dressings).

We serve water, local milk and fresh fruit daily. On Fridays, we offer a special dessert (gluten-free/dairy-free dessert available).

NON-VEGETARIAN **VEGETARIAN** D CONTAINS DAIRY G CONTAINS GLUTEN E CONTAINS EGG S CONTAINS SOY A CONTAINS SESAME P CONTAINS PORK



What's for lunch?

Sept 21-25

	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	Apple Pork Chops (P)	Chicken Teriyaki (A S)	Turkey Chili	Beef Meatball Sub Sandwiches (E G D)	Fish Sticks (E G D)
Vegetarian Entrée	Quinoa with Sweet Potatoes & Chickpeas	Vegetable Stir Fry	Three Bean Chili	Bean Balls (E)	Herb Tofu (S)
Side	Steamed Broccoli	Brown Rice	Steamed Green Beans	Roasted Zucchini	Steamed Corn
Side	Sautéed Mushrooms	Sautéed Bok Choy	Cornbread (G D E)	Sautéed Spinach	Steamed Kale
Soup	Minestrone (G)	Miso (S)	Carrot & Ginger	Tomato & White Bean	Chicken Noodle (G)

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What's for lunch?

Sept 28-Oct 2	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	Pasta with Pesto Cream Sauce ^(G D)	Picnic Day: Chicken Salad Sandwiches	Crustless Quiche Lorraine with a Side of Turkey Bacon ^(E D)	Beef Fried Rice ^(E S)	Lemon Herb Chicken Breast
Vegetarian Entrée	Rice Noodles with Pesto (dairy free)	Mozzarella, Tomato & Pesto Sandwiches ^(D)		Vegetable Fried Rice ^(E)	Quinoa with Chickpeas & Kale
Side	Steamed Peas	Red Onion, Lettuce, Tomato	Home Fries	Steamed Broccoli	Sautéed Collard Greens
Side	Sautéed Eggplant	Potato Salad	Sautéed Spinach	Sautéed Bok Choy	Spanish Roasted Potatoes
Soup	Tuscan Chickpea	Tomato	Oatmeal ^(G)	Miso ^(S)	Kale & White Bean

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