

WEEKLY LUNCH MENU

1/2-1/6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTRÉE	**Grass fed beef stew	*/**Mac + cheese with + ham on the side	Turkey tacos	Barbeque chicken or baked chicken	Chicken chow fun
ENTRÉE	Pan seared polenta with root vegetable salad	Rice noodles with broccoli + garlic	Rice + beans	Barbeque tofu	Vegetarian chow fun
SIDE	Roasted brussel sprouts	Steamed broccoli	Steamed green beans	*Mashed potatoes	Steamed peas
SIDE	*Mashed sweet potatoes	Roasted carrots	Sweet potato fries	Steamed corn	Curried cauliflower
SOUP	Tomato	Split pea	**Minestrone	Lentil	**/**/*Sesame noodles
SPECIALTY SALAD	Quinoa + chickpea	Bruschetta	Pico de gallo	**Orzo	**/**/*Sesame noodles
SANDWICH	Choice of: SBJ or plain jelly, cheese, turkey, ham, salami on wraps or bread				
Salad bar includes: butter beans blend salad greens, vegetable crudités, flavored organic yogurts, cheese, olives or pickles, pita crisps or soft pita, wraps, bread, specialty spread, specialty salad and condiment bar with vegan mayo, ketchup, mustard, salad dressings.					
DESSERT	Variety of fresh fruit	Variety of fresh fruit	Variety of fresh fruit	Variety of fresh fruit	*/**/**Chocolate cake

- * Contains dairy
- ** Contains wheat
- ***Contains egg
- ****Contains sesame
- GF & DF dessert available

Butter Beans cooks with foods from farms including: Hudson Valley Fresh, Up state farm collective, Applegate farms. Butter Beans reserves the right to change vegetarian side dishes depending on seasonality of fresh produce available to the chef.

VEGETARIAN
NON-VEGETARIAN
Water + Organic Milk
Served Daily

WEEKLY LUNCH MENU

1/9-1/13	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTRÉE	*/**/****Chicken parmesan or baked chicken	Roasted turkey with cranberry sauce on the side	Beef hot dogs	*/**Grass fed beef ziti	**/***/****Mushu pork + brown rice
ENTRÉE	*/**/****Eggplant parmesan	*/**Cheesy root vegetable casserole	**/**Fish tacos	Rice noodles with edamame	***/****Mushu vegetables with tofu
SIDE	Steamed peas	Steamed green beans	Steamed broccoli	Steamed corn	Roasted carrots
SIDE	Baked potato fries	Sautéed zucchini	*/**Corn bread	Curried cauliflower	Refried beans
SOUP	Miso	*/**Cheesy broccoli	Split pea	French onion	Tomato
SPECIALTY SALAD	**Orzo	Bruschetta	Coleslaw	*/******Quinoa, bread, tomato salad	**Cous cous
SANDWICH	Choice of: SBJ or plain jelly, cheese, turkey, ham, salami on wraps or bread				
Salad bar includes: butter beans blend salad greens, vegetable crudités, flavored organic yogurts, cheese, olives or pickles, pita crisps or soft pita, wraps, bread, specialty spread, specialty salad and condiment bar with vegan mayo, ketchup, mustard, salad dressings.					
DESSERT	Variety of fresh fruit	Variety of fresh fruit	Variety of fresh fruit	Variety of fresh fruit	*/**/****Pumpkin cake

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WEEKLY LUNCH MENU

1/16-1/20	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTRÉE		*/**Grass fed beef lasagna	*/**Hot ham + cheese wraps	*/**/**Chicken cutlets or baked chicken	Grass fed beef burgers
ENTRÉE		*/**Veggie lasagna	***Potato pancakes with apple sauce on the side	Herb tofu	Bean burgers
SIDE		Sautéed zucchini	Roasted carrots	*Mashed potatoes	Baked potato fries
SIDE		Steamed green beans	Steamed corn	Steamed peas	*Creamed spinach
SOUP		**Minestrone	Bean chili	Tomato	**Chicken noodle
SPECIALTY SALAD		Bruschetta	Coleslaw	Green bean salad	Green lentil salad
SANDWICH	Choice of: SBJ or plain jelly, cheese, turkey, ham, salami on wraps or bread				
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DESSERT		Variety of fresh fruit	Variety of fresh fruit	Variety of fresh fruit	*/**/ ***Butterscotch cookies

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WEEKLY LUNCH MENU

1/23-1/27	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTRÉE	Chinese new year: Singapore noodles with chicken	*/**Tortellini alfredo + ham on the side	*/**Chicken quesadilla	Roasted pork with apple sauce on the side	*/**/**Chicken pot pie
ENTRÉE	Rice + veggie medley	Rice noodles with edamame	*/**Bean + cheese quesadilla + Mexican rice	***Potato pancakes with apple sauce on the side	Rice + beans
SIDE	Chinese broccoli	Roasted carrots	Steamed green beans	Steamed broccoli	Sweet potato fries
SIDE	Steamed peas	Curried cauliflower	Refried pinto beans	*Potato + cheese bake	Sautéed zucchini
SOUP	Miso	Lentil	Pesole	*/**Cheesy broccoli	**Minestrone
SPECIALTY SALAD	****Sesame kale salad	Bruschetta	Pico de gallo	*/**Tri color pasta	**Orzo
SANDWICH	Choice of: SBJ or plain jelly, cheese, turkey, ham, salami on wraps or bread				
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DESSERT	Variety of fresh fruit	Variety of fresh fruit	Variety of fresh fruit	Variety of fresh fruit	*/**/**Ginger snap cookies

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WEEKLY LUNCH MENU

1/30-2/3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTRÉE	Mojo chicken drumsticks or baked chicken	*/**Mac + cheese + ham on the side	Barbeque turkey burgers	Carnitas wrap with peppers and onions	*/**/**Swedish turkey meatballs with egg noodles
ENTRÉE	Vegetable stir fry with tofu	Rice noodles with edamame	Tamari glazed portobello	Stewed butter beans + tomato	Pan seared polenta with root vegetable salad
SIDE	*Mashed sweet potatoes	Steamed peas	Baked potato fries	Steamed corn	Roasted carrots
SIDE	Steamed broccoli	*Roasted butternut squash with sweet spices	Steamed green beans	Roasted brussel sprouts	Sautéed zucchini
SOUP	Miso	**Minestrone	Tomato	**Chicken noodle	Split pea
SPECIALTY SALAD	Potato salad	Green lentil salad	Coleslaw	Pico de gallo	Quinoa + chickpea
SANDWICH	Choice of: SBJ or plain jelly, cheese, turkey, ham, salami on wraps or bread				
Salad bar includes: butter beans blend salad greens, vegetable crudités, flavored organic yogurts, cheese, olives or pickles, pita crisps or soft pita, wraps, bread, specialty spread, specialty salad and condiment bar with vegan mayo, ketchup, mustard, salad dressings.					
DESSERT	Variety of fresh fruit	Variety of fresh fruit	Variety of fresh fruit	Variety of fresh fruit	*/**/**Vanilla cake

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