



LUNCH MENU



	MONDAY April 29	TUESDAY April 30	WEDNESDAY May 1	THURSDAY May 2	FRIDAY May 3
MAIN ENTRÉE	NEW Spring Beef Chili with Cornbread	NEW West African Chicken & Jollof Rice	NEW Cheese Ravioli in a Butter Sauce	Breakfast For Lunch: Waffles & Turkey Bacon	Cinco De Mayo: Turkey Tacos on Flour Tortillas
VEGETARIAN ENTRÉE	✓ Three Bean Chili with Cornbread	✓ NEW West African Black Eyed Peas & Jollof Rice	NEW Cheese Ravioli in a Butter Sauce	Waffles & Berries	Black Bean & Corn Tacos on Flour Tortillas
ALLERGEN FREE ENTRÉE	✓ Allergen Free Three Bean Chili with Spanish Rice	✓ NEW Warm Quinoa Salad with Marinated Chickpeas, Asparagus and Lemon Vinaigrette	✓ Gluten Free Pasta Marinara Sauce with Vegan Parmesan	✓ GF/DF/EF Waffles & Berries	✓ Gluten Free & Dairy Free Cheese Quesadillas
ROTATING SPECIALTY SANDWICHES & SALADS	TBLT with Turkey Bacon on Kaiser	Tuna Nicoise Salad	Curried Chicken Salad on Ciabatta	Mediterranean Pasta Salad	NEW Soppressata with Mozzarella, Basil, Roasted Red Peppers & Balsamic on Ciabatta
VEGETABLE SIDE	✓ Roasted Carrots	✓ Roasted Plantains	✓ Steamed Broccoli	✓ Hash Browns ✓ Sautéed Spinach	NEW Esquites
FRESH FRUIT	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

Vegetarian
 Vegan
 Pork
NEW New
 Gluten
 Chickpea
 Egg
 Fish
 Soy
 Dairy

We offer Yogurt, Granola, Cheese, Salad Greens, Crudites, Salad Dressings, Sunflower Butter and Jelly Sandwiches, Cheese Sandwiches, and Turkey Sandwiches daily. **non-vegetarian**



LUNCH MENU

	MONDAY May 6	TUESDAY May 7	WEDNESDAY May 8	THURSDAY May 9	FRIDAY May 10
MAIN ENTRÉE	 Pasta Marinara with Cheese 	Sweet Carolina BBQ Chicken  Cornbread    	Ground Turkey Burrito Bowl with Rice 	Chicken Tenders  	 Pizza Cupcakes   
VEGETARIAN ENTRÉE	 Pasta Marinara with Cheese 	 Sweet Carolina BBQ Tofu   Cornbread    	 Vegetarian Burrito Bowl with Pinto Beans, Fajita Vegetables, Shredded Cheese and Pico De Gallo 	 Plant Based Nuggets  	 Pizza Cupcakes   
ALLERGEN FREE ENTRÉE	 Gluten Free Pasta with Olive Oil & Marinated Chickpeas  	 NEW Warm Southwest Quinoa Bowl	 Gluten Free & Dairy Free Cheese Quesadillas	 Gluten Free & Dairy Free Grilled Cheese	 Gluten Free & Dairy Free Pizza
ROTATING SPECIALTY SANDWICHES & SALADS	Tuna Salad Sandwich on Whole Wheat with Lettuce & Tomato     	Classic Chicken Caesar Salad with Croutons     	Crispy Chicken Sandwich  	Turkey Taco Salad with Pico de Gallo & Shredded Cheese 	 BBQ Pulled Pork Sandwich  
VEGETABLE SIDE	 Roasted Carrots	 Steamed Green Beans	 Steamed Corn	 Steak Fries   Sauteed Spinach	 Vegetable Medley
FRESH FRUIT	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

 Vegetarian  Vegan  Pork **NEW** New  Gluten  Chickpea  Egg  Fish  Soy  Dairy

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LUNCH MENU

	MONDAY May 13	TUESDAY May 14	WEDNESDAY May 15	THURSDAY May 16	FRIDAY May 17
MAIN ENTRÉE	Mac & Cheese	Indian Style Butter Chicken Over Rice	NEW Mild Buffalo Beef Meatballs Garlic Toast	Breakfast For Lunch: House-Made French Toast Turkey Bacon	Chicken Lo Mein
VEGETARIAN ENTRÉE	Mac & Cheese	Chana Masala Over Rice	NEW Mild Buffalo Meatless Meatballs Garlic Toast	French Toast & Berries	NEW Teriyaki Tofu with Lo Mein Noodles
ALLERGEN FREE ENTRÉE	Gluten Free Pasta with Vegan Tofu Bolognese	Chana Masala Over Rice	Warm Quinoa Salad with Cowboy Caviar	GF/DF/EF Waffles & Berries	Rice Noodle Pad Thai
ROTATING SPECIALTY SANDWICHES & SALADS	Chicken Caesar Wrap	Chicken Tenders Over Romaine with Grape Tomatoes	Caprese Ciabatta with Pesto	Tuna Nicoise Salad	Turkey BLT on Rosemary Focaccia
VEGETABLE SIDE	Steamed Broccoli	Steamed Green Beans	Roasted Carrots	Roasted Plantains	Vegetable Medley
FRESH FRUIT	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

Vegetarian Vegan New Coconut Gluten Chickpea Egg Fish Soy Dairy

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LUNCH MENU

	MONDAY May 20	TUESDAY May 21	WEDNESDAY May 22	THURSDAY May 23	FRIDAY May 24
MAIN ENTRÉE	Cheese Tortellini in a Butter Sauce	Turkey Tacos Flour Tortillas	Blackened Chicken Over Rice	Beef Hot Dogs Whole Wheat Buns	Cheese Pizza
VEGETARIAN ENTRÉE	Cheese Tortellini in a Butter Sauce	Black Bean & Corn Tacos Flour Tortillas	Blackened Tofu Over Rice	Meatless Italian Sausage Hoagie	Cheese Pizza
ALLERGEN FREE ENTRÉE	Gluten Free Pasta with Lentil Ragù	Gluten Free & Dairy Free Cheese Quesadillas	Mujadara Rice Pilaf with Lentils	Warm Italian Style Quinoa Bowl with Cannellini Beans, Roasted Sweet Potatoes & Sauteed Spinach	Gluten Free & Dairy Free Pizza
ROTATING SPECIALTY SANDWICHES & SALADS	Buffalo Chicken Wrap	Kale Chicken Caesar Salad with Parmesan and Croutons	Crispy Chicken, Turkey Bacon & Cheddar Sliders	Chicken Tenders Over Romaine with Grape Tomatoes	Sliced Turkey, Lettuce & Tomato on Croissant
VEGETABLE SIDE	Roasted Carrots	Steamed Green Beans	Steamed Peas	Roasted Potatoes Sauteed Spinach	Vegetable Medley
FRESH FRUIT	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

Vegetarian Vegan Coconut Gluten Egg Fish Soy Dairy

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LUNCH MENU


































	TUESDAY May 28	WEDNESDAY May 29	THURSDAY May 30	FRIDAY May 31
MAIN ENTRÉE	Baked Ziti	Beef Burgers Whole Wheat Buns	Breakfast For Lunch: Pancakes Turkey Bacon	Spring Lemon Chicken Over Rice
VEGETARIAN ENTRÉE	Baked Ziti	Black Bean Burgers Whole Wheat Buns	Pancakes & Berries	Spring Lemon Tofu Over Rice
ALLERGEN FREE ENTRÉE	Gluten Free Pasta Marinara with Vegan Cheese	Gluten Free & Dairy Free Grilled Cheese	GF/DF/EF Waffles & Berries	Rice Bowl with Spring Vegetables & Black Beans
ROTATING SPECIALTY SANDWICHES & SALADS	Mykonos Salad with Romaine, Dill, Scallions, Grape Tomatoes, Olives & Feta	Turkey, Brie, Apple & Honey Mustard Sandwich	Classic Chicken Caesar Salad with Croutons	Hawaiian Ham & Swiss Sliders
VEGETABLE SIDE	Roasted Carrots	Tater Tots Steamed Broccoli	Roasted Plantains	Vegetable Medley
FRESH FRUIT	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

Vegetarian Vegan Pork New Gluten Egg Fish Soy Dairy

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LUNCH MENU

	MONDAY June 3	TUESDAY June 4	WEDNESDAY June 5	THURSDAY June 6	FRIDAY June 7
MAIN ENTRÉE	 NEW Three Cheese Baked Bowtie Pasta  	Beef Tacos    ✓ Flour Tortillas  	NEW General Tso's Glazed Turkey Meatballs with Rice    	Chicken Tenders  	 Cheese Pizza   
VEGETARIAN ENTRÉE	 NEW Three Cheese Baked Bowtie Pasta  	 Black Bean & Corn Tacos on Flour Tortillas   	✓ NEW General Tso's Glazed Meatless Meatballs with Rice  	✓ Plant Based Nuggets  	 Cheese Pizza   
ALLERGEN FREE ENTRÉE	✓ Gluten Free & Dairy Free Baked Ziti	✓ Gluten Free & Dairy Free Cheese Quesadillas	✓ Warm Asian Style Quinoa Salad 	✓ Gluten Free & Dairy Free Grilled Cheese	✓ Gluten Free & Dairy Free Pizza
ROTATING SPECIALTY SANDWICHES & SALADS	Grilled Chicken & Cheddar Sandwich on Rosemary Focaccia   	Chicken Tenders Over Romaine with Grape Tomatoes  	Turkey & Cheddar Hero   	 Mozzarella, Tomato & Corn Over Arugula 	 Ham & Swiss Croissant  
VEGETABLE SIDE	✓ Steamed Broccoli	✓ Steamed Green Beans	✓ Roasted Carrots	✓ Steak Fries  ✓ Sauteed Spinach	✓ Vegetable Medley
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