



LUNCH MENU



	MONDAY December 4	TUESDAY December 5	WEDNESDAY December 6	THURSDAY December 7	FRIDAY December 8
MAIN ENTRÉE	Pasta with Pink Sauce	Turkey Tacos on Flour Tortillas 	Chicken Tenders	Breakfast For Lunch: House-Made French Toast & Turkey Bacon 	Chicken Burrito Bowl with Rice
VEGETARIAN ENTRÉE	Pasta with Pink Sauce	Roasted Sweet Potato, Corn & Black Bean Tacos on Flour Tortillas	Plant Based Nuggets	House-Made French Toast & Berries	Vegetarian Bean Burrito Bowl with Rice
ALLERGEN FREE ENTRÉE	Gluten Free Pasta with Marinated Chickpeas, Olive Oil & Herbs	Gluten Free & Dairy Free Cheese Quesadillas	Italian Style Quinoa Salad with Cannellini Beans, Tomatoes & Basil	GF/DF/EF Waffles & Berries	Rice & Beans with Fresh Vegetables
ROTATING SPECIALTY SANDWICHES & SALADS	Chicken Tenders Over Romaine with Grape Tomatoes	Roasted Turkey with Cranberry Mayo & Lettuce on Ciabatta 	House Garden Salad with Marinated Chickpeas	Tuna Salad Sandwich on Whole Wheat with Lettuce & Tomato 	Kale Chicken Caesar Salad with Croutons
VEGETABLE SIDE	Roasted Carrots	Steamed Green Beans with Grape Tomatoes	Roasted Potatoes Steamed Peas	Roasted Plantains	Vegetable Medley
FRESH FRUIT	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

Vegetarian Vegan 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 December 11	TUESDAY December 12	WEDNESDAY December 13	THURSDAY December 14	FRIDAY December 15
MAIN ENTRÉE	Baked Ziti	NEW Korean Style Sweet & Savory Ground Beef with Rice	Holiday Meal: Roasted Turkey with Gravy & Cranberry Sauce	BBQ Turkey Meatballs with Garlic Toast	Pizza Cupcakes
VEGETARIAN ENTRÉE	Baked Ziti	NEW Korean Style Roasted Tofu with Rice	Meatless Meatballs with Gravy	Grilled Cheese	Pizza Cupcakes
ALLERGEN FREE ENTRÉE	Rice Noodle Pomodoro with Lentils	Korean Japchae Sweet Potato Glass Noodles with Roasted Seasonal Vegetables	Quinoa Bowl with Roasted Butternut Squash, Dried Cranberries & Pumpkin Seeds	Gluten Free & Dairy Free Grilled Cheese	Gluten Free & Dairy Free Pizza
ROTATING SPECIALTY SANDWICHES & SALADS	Chopped Salad with Grilled Chicken, Cucumbers, Tomatoes & Cheese	Italian Sub Sandwich	Mozzarella, Tomato & Corn Salad	Grilled Chicken Ciabatta with Lettuce & Tomato	Kale Salad with Roasted Sweet Potatoes, Marinated Chickpeas, Dried Cranberries & Pumpkin Seeds
VEGETABLE SIDE	Steamed Broccoli	Steamed Peas	Mashed Potatoes Steamed Green Beans with Red Peppers	Roasted Butternut Squash	Vegetable Medley
FRESH FRUIT	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

Vegetarian Vegan Pork **NEW** New Coconut Gluten Pineapple Chickpea Egg Soy Dairy

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LUNCH MENU



	MONDAY December 18	TUESDAY December 19	WEDNESDAY December 20	THURSDAY December 21
MAIN ENTRÉE	Mac & Cheese	NEW Latin Style Chicken & Spanish Rice	Beef Burgers	Grilled Chicken Parm Bites
VEGETARIAN ENTRÉE	Mac & Cheese	Spanish Style Rice & Beans	Black Bean Veggie Burger	Meatless Meatball Parm Bites
ALLERGEN FREE ENTRÉE	Gluten Free Pasta with Marinated Chickpeas, Olive Oil & Herbs	Spanish Style Rice & Beans	Tex Mex Quinoa Salad	Gluten Free & Dairy Free Cheese Quesadillas
ROTATING SPECIALTY SANDWICHES & SALADS	Sliced Turkey, Lettuce & Tomato on Croissant	Chef Salad over Romaine With Turkey, Cubed Swiss & Hard Boiled Egg	Grilled Chicken & Swiss Club	Turkey Cobb Salad with Turkey Bacon & Blue Cheese
VEGETABLE SIDE	Maple Glazed Carrots	Steamed Green Beans with Grape Tomatoes	Sweet Potato Fries	Sauteed Spinach
FRESH FRUIT	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

Vegetarian Vegan **NEW** New Coconut Gluten Chickpea Egg Soy Dairy

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