

## LUNCH MENU

	MONDAY April 15	TUESDAY April 16	WEDNESDAY April 17	THURSDAY April 18	FRIDAY April 19
MAIN ENTRÉE	 Mac & Cheese  	 <b>NEW</b> Peruvian Style Chicken Over Rice Pilaf with Mild Green Sauce   	Breakfast For Lunch: Pancakes     & Turkey Bacon	 Chicken Tenders  	 Cheese Pizza   
VEGETARIAN ENTRÉE	 Mac & Cheese  	 <b>NEW</b> Peruvian Style Tofu Over Rice Pilaf with Mild Green Sauce   	 Pancakes & Berries    	 Plant Based Nuggets  	 Cheese Pizza   
ALLERGEN FREE ENTRÉE	 Gluten Free Pasta with Lentil Ragu	 Gluten Free & Dairy Free Grilled Cheese	 GF/DF/EF Waffles & Berries 	 Warm Quinoa Salad with Cowboy Caviar	 Gluten Free & Dairy Free Pizza
HOT VEGETABLE SIDE	 Steamed Broccoli	 Roasted Carrots	 Roasted Plantains	 Roasted Potatoes  Sautéed Spinach	 Vegetable Medley
SOUP	Hearty Vegetable Beef Soup	 Locro de Zapallo Soup 	 Oatmeal 	 Bowtie Pasta Spring Vegetable Soup 	 Italian Chicken Sausage & Zucchini Soup
FRESH FRUIT	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
COLD BAR	Cold Bar offerings include: rotating salad greens, fresh fruit, vegetable crudités, house-sweetened flavored yogurts, granola, rotation of Boar's Head deli meats, rotation of cheeses, hard-boiled eggs, plain pasta with olive oil, olives or pickles, rotating salad toppings, rotating spreads with pita, specialty salads, Rockland Bakery bread options, croutons, sunflower butter & jelly sandwiches, and condiment bar (mayonnaise, ketchup, mustard, tamari, Frank's hot sauce, sriracha & house-made salad dressings).				

 Chicken  Vegetarian  Vegan **NEW** New  Gluten  Egg  Soy  Dairy

We serve water and farm fresh milk daily.  
On Fridays, we offer a homemade dessert (allergen free dessert available).

non-vegetarian

# LUNCH MENU

FROM MONDAY, APRIL 22, 2024 TO FRIDAY, APRIL 26, 2024

	TUESDAY April 23	WEDNESDAY April 24	THURSDAY April 25	FRIDAY April 26
MAIN ENTRÉE	Tex Mex Turkey Meatballs over Mexican Style Red Rice 🌾🥚🍲🥛	Grilled Chicken Parm Bites 🥛	Beef Burgers & Whole Wheat Buns 🌾🍲	Latin Style Roasted Chicken with Roasted Bell Peppers & Potatoes 🥛
VEGETARIAN ENTRÉE	🌿 Mexican Style Red Rice, Black Beans, Shredded Cheese and Pico De Gallo 🥛	🌿 Meatless Meatball Parm Bites 🌾🍲🥛	Veggie Burgers 🥚 & Whole Wheat Buns 🌾🍲	🌿 Latin Style Tofu with Roasted Bell Peppers & Potatoes 🍲🥛
ALLERGEN FREE ENTRÉE	🌿 Mexican Style Red Rice & Black Beans with Pico De Gallo	🌿 Warm Quinoa Bowl with Roasted Butternut Squash, Dried Cranberries & Pumpkin Seeds	🌿 Gluten Free & Dairy Free Grilled Cheese	🌿 Gluten Free & Dairy Free Cheese Quesadillas
HOT VEGETABLE SIDE	🌿 Steamed Corn	🌿 Roasted Carrots	🌿 Tater Tots 🍲 🌿 Steamed Green Beans	🌿 Vegetable Medley
SOUP	🍲 Chicken Noodle 🌾🥚	🌿 Broccoli Cheddar 🥛	🌿 Classic Tomato Soup	🌿 Creamy Pumpkin Soup 🥛
FRESH FRUIT	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
COLD BAR	Cold Bar offerings include: rotating salad greens, fresh fruit, vegetable crudités, house-sweetened flavored yogurts, granola, rotation of Boar's Head deli meats, rotation of cheeses, hard-boiled eggs, plain pasta with olive oil, olives or pickles, rotating salad toppings, rotating spreads with pita, specialty salads, Rockland Bakery bread options, croutons, sunflower butter & jelly sandwiches, and condiment bar (mayonnaise, ketchup, mustard, tamari, Frank's hot sauce, sriracha & house-made salad dressings).			

🍲 Chicken 🌿 Vegetarian 🌿 Vegan 🥚 Coconut 🌾 Gluten 🥚 Egg 🍲 Soy 🥛 Dairy

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non-vegetarian

## LUNCH MENU

	MONDAY April 29	TUESDAY April 30	WEDNESDAY May 1	THURSDAY May 2	FRIDAY May 3
MAIN ENTRÉE	<b>NEW</b> Spring Beef Chili  with Cornbread    	<b>NEW</b> West African Chicken & Jollof Rice	 <b>NEW</b> 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    	 <b>NEW</b> West African Black Eyed Peas & Jollof Rice	 <b>NEW</b> 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   	 <b>NEW</b> 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
HOT VEGETABLE SIDE	 Roasted Carrots	 Roasted Plantains	 Steamed Broccoli	 Hash Browns   Sautéed Spinach	 <b>NEW</b> Esquites   
SOUP	 Chicken & Rice	 <b>NEW</b> Nigerian Bean Porridge	 <b>NEW</b> Italian Wedding Soup    	 Oatmeal 	 Three Sisters Soup
FRESH FRUIT	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
COLD BAR	Cold Bar offerings include: rotating salad greens, fresh fruit, vegetable crudités, house-sweetened flavored yogurts, granola, rotation of Boar's Head deli meats, rotation of cheeses, hard-boiled eggs, plain pasta with olive oil, olives or pickles, rotating salad toppings, rotating spreads with pita, specialty salads, Rockland Bakery bread options, croutons, sunflower butter & jelly sandwiches, and condiment bar (mayonnaise, ketchup, mustard, tamari, Frank's hot sauce, sriracha & house-made salad dressings).				






























 Chicken 
  Vegetarian 
  Vegan 
 **NEW** New 
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  Chickpea 
  Egg 
  Soy 
  Dairy

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# LUNCH MENU

FROM MONDAY, MAY 6, 2024 TO FRIDAY, MAY 10, 2024

	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  	  Warm Southwest Quinoa Bowl	 Gluten Free & Dairy Free Cheese Quesadillas	 Gluten Free & Dairy Free Grilled Cheese	 Gluten Free & Dairy Free Pizza
HOT VEGETABLE SIDE	 Roasted Carrots	 Steamed Green Beans	 Steamed Corn	 Steak Fries   Sauteed Spinach	 Vegetable Medley
SOUP	 Chicken Couscous 	 Broccoli Cheddar 	 Black Bean	 Classic Tomato Soup	 Minestrone with Orecchiette 
FRESH FRUIT	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
COLD BAR	Cold Bar offerings include: rotating salad greens, fresh fruit, vegetable crudités, house-sweetened flavored yogurts, granola, rotation of Boar’s Head deli meats, rotation of cheeses, hard-boiled eggs, plain pasta with olive oil, olives or pickles, rotating salad toppings, rotating spreads with pita, specialty salads, Rockland Bakery bread options, croutons, sunflower butter & jelly sandwiches, and condiment bar (mayonnaise, ketchup, mustard, tamari, Frank’s hot sauce, sriracha & house-made salad dressings).				




























































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# LUNCH MENU

FROM MONDAY, MAY 13, 2024 TO FRIDAY, MAY 17, 2024

	MONDAY May 13	TUESDAY May 14	WEDNESDAY May 15	THURSDAY May 16
MAIN ENTRÉE	 Mac & Cheese  	Indian Style Butter Chicken Over Rice 	 Mild Buffalo Beef Meatballs    	Breakfast For Lunch: House-Made French Toast    
			 Garlic Toast   	Turkey Bacon
VEGETARIAN ENTRÉE	 Mac & Cheese  	 Chana Masala Over Rice  	  Mild Buffalo Meatless Meatballs   	 French Toast & Berries    
			 Garlic Toast   	
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 
HOT VEGETABLE SIDE	 Steamed Broccoli	 Steamed Green Beans	 Roasted Carrots	 Roasted Plantains
SOUP	 Tortellini en Brodo    	 Cauliflower & Potato Soup 	 Lentil Soup	 Oatmeal 
FRESH FRUIT	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
COLD BAR	Cold Bar offerings include: rotating salad greens, fresh fruit, vegetable crudité’s, house-sweetened flavored yogurts, granola, rotation of Boar’s Head deli meats, rotation of cheeses, hard-boiled eggs, plain pasta with olive oil, olives or pickles, rotating salad toppings, rotating spreads with pita, specialty salads, Rockland Bakery bread options, croutons, sunflower butter & jelly sandwiches, and condiment bar (mayonnaise, ketchup, mustard, tamari, Frank’s hot sauce, sriracha & house-made salad dressings).			

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# LUNCH MENU

FROM MONDAY, MAY 20, 2024 TO FRIDAY, MAY 24, 2024

	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  			 Cheese Pizza   
			Blackened Chicken Over Rice	Beef Hot Dogs  Whole Wheat Buns  	
VEGETARIAN ENTRÉE	 Cheese Tortellini in a Butter Sauce    	 Black Bean & Corn Tacos   Flour Tortillas  	 Blackened Tofu Over Rice 	 Meatless Italian Sausage Hoogie     	 Cheese Pizza   
ALLERGEN FREE ENTRÉE	 Gluten Free Pasta with Lentil Ragu	 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
HOT VEGETABLE SIDE	 Roasted Carrots	 Steamed Green Beans	 Steamed Peas	 Roasted Potatoes  Sauteed Spinach	 Vegetable Medley
SOUP	 Pasta Fagioli  	 Corn Chowder 	 Middle Eastern Style Lentil Soup	 Bowtie Pasta Spring Vegetable Soup 	
				Chicken & Rice Soup	
FRESH FRUIT	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
COLD BAR	Cold Bar offerings include: rotating salad greens, fresh fruit, vegetable crudités, house-sweetened flavored yogurts, granola, rotation of Boar’s Head deli meats, rotation of cheeses, hard-boiled eggs, plain pasta with olive oil, olives or pickles, rotating salad toppings, rotating spreads with pita, specialty salads, Rockland Bakery bread options, croutons, sunflower butter & jelly sandwiches, and condiment bar (mayonnaise, ketchup, mustard, tamari, Frank’s hot sauce, sriracha & house-made salad dressings).				

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