



What's for lunch?

March 1-5

Monday

Tuesday

Wednesday

Thursday

Friday

Entrée

Baked Ziti & Garlic Bread
(D) (G) (S) (D)

Sweet & Sour Beef Meatballs Over White Rice
(E) (G) (S) (D)

Cheese Pizza Bagel with a side of Pepperoni
(G) (S) (D) (P)

Chicken Nuggets with Tater Tots
(S) (G) (S)

Beef Sloppy Joe's
(S) (G)

Vegetarian & Allergen Free Entrée

Gluten Free Pasta Pomodoro with Fresh Basil

Asian Style Rice Bowl with Stir Fried Vegetables

Gluten Free & Dairy Free Pizza *contains coconut & chickpea
(C)

Rice Noodles with Broccoli & Olive Oil

Quinoa Bowl with Roasted Butternut Squash

Chef Special Sandwich

Turkey Wrap with Roasted Red Peppers and Pesto Aioli
(E) (G) (S) (D)

Pork Banh Mi
(E) (G) (S) (P)

Italian Sub with Salami, Ham & Provolone
(P) (G) (S) (D)

Chicken Cutlet Hoagie with Cheddar
(G) (S) (D)

Sliced Steak & Provolone Sub
(G) (S) (D)

Chef Special Salad

Chopped Salad with Turkey, Cheddar & Roasted Peppers
(D)

Chinese Style Chicken Salad with Mandarin Oranges & Snow Peas
(S)

Italian Antipasto Salad with Beef Salami, Turkey & Cheese
(D)

Chicken Cutlet Salad over Romaine with Cherry Tomatoes & Dressing
(S) (G) (D)

Kale Salad with Roasted Butternut Squash & Pepitas

Side of the Day

Baby Carrots

Broccoli

Grape Tomatoes

Tater Tots
(S)

Sliced Cucumbers

Daily Whole & Cut Fruit

Apples

Orange Wedges

Fruit Cup

Grapes

Melon Cup

Each daily lunch will include individually packaged yogurt with a side of granola and shredded or cubed cheese. Alternative sandwiches including sunflower butter and jelly, cheese, and turkey, and will be available daily, along with Gluten Free bread. Plain pasta will be available on Tuesday, Wednesday & Thursday.

Please note the breads and wraps used for the specialty sandwiches contain soy. We offer a daily vegetarian & allergen-free entree void of all common allergens, along with an allergen-free sandwich alternative. On Fridays, we offer a homemade dessert (GF & DF dessert available).

NON-VEGETARIAN

VEGETARIAN

(D) CONTAINS DAIRY

(G) CONTAINS GLUTEN

(E) CONTAINS EGG

(S) CONTAINS SOY

(A) CONTAINS SESAME

(P) CONTAINS PORK

(C) CONTAINS CHICKPEA



What's for lunch?

March 8-12

Monday

Tuesday

Wednesday

Thursday

Friday

Entrée

Penne Alfredo with Peas (D G)

Spanish Chicken & Rice Burrito Bowl (D)

Beef Cheeseburgers with Fixings (G S D)

French Toast & Turkey Bacon (D E S G)

BBQ Pulled Chicken Sandwich (A G S D)

Vegetarian & Allergen Free Entrée

Spaghetti Squash with Roasted Cherry Tomatoes

Rice & Bean Burrito Bowl

Rice Noodles with Stir Fried Vegetables

Gluten Free Breakfast Wrap with Potatoes & Dairy Free Cheddar *contains coconut & chickpea (C)

Mediterranean Quinoa Bowl

Chef Special Sandwich

Grilled Chicken Sandwich on Ciabatta (G S)

Roast Beef with Cheddar on Kaiser Roll (S G D)

Turkey & Swiss Pinwheels (D S G)

Pork Bacon BLT with Hard Boiled Egg on Kaiser Roll (P E G S D)

Falafel Wrap with Hummus, Sprouts & Cucumber (A S G)

Chef Special Salad

Grilled Chicken, Tomato & Arugula Salad

Garden Salad with Roasted Vegetables & Goat Cheese (D)

Mesclun Greens with Brie, Dried Cranberries & Pepitas (D)

Broccoli & Cheddar Quiche over Mixed Greens (D E G)

Falafel Salad over Mixed Greens with Cucumber & Tomatoes (A S)

Side of the Day

Peppers

Broccoli

Baby Carrots

Sliced Cucumbers

Corn Salad

Daily Whole & Cut Fruit

Apples

Orange Wedges

Fruit Cup

Grapes

Melon Cup

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What's for lunch?

March 15-19

Monday

Tuesday

Wednesday

Thursday

Friday

Entrée

Cheeseburger Mac & Cheese

(G) (D)

Chicken Teriyaki Drumsticks

(S)

Beef Hot Dogs
(buns contain soy, gluten)

(G)

Jamaican Beef Patties

(G)

Turkey Tacos on Flour Tortilla

(G) (S)

Vegetarian & Allergen Free Entrée

Rice Noodles with Broccoli & Olive Oil

Glass Rice Noodles with Vegetables

Quinoa with Cannellini Beans, Garlic & Spinach

Succotash with Lima Beans, Tomatoes & Corn

Tex Mex Rice Noodles with Black Beans & Corn

Chef Special Sandwich

Turkey & Swiss on Kaiser Roll

(G) (S) (D)

Asian Chicken Sub with Crunchy Vegetables & Ginger Vinaigrette

(A) (S) (G)

Greek Salad Wrap

(G) (S) (D)

Ham & Swiss Slider on Potato Bun

(P) (A) (S) (D) (G)

Grilled Chicken Caesar Wrap

(E) (S) (G) (D)

Chef Special Salad

Chicken Cobb Salad with Turkey Bacon, Hard Boiled Egg, Blue Cheese

(E) (D)

Tofu Teriyaki Salad with Mixed Greens & Snow Peas

(A) (S)

Greek Salad

(D)

Chef Salad: Ham, Turkey & Swiss Over Greens

(D)

Grilled Chicken Caesar Salad

(G) (E) (S) (D)

Side of the Day

Grape Tomatoes

Broccoli

Three Bean Salad

Baby Carrots

Sliced Cucumbers

Daily Whole & Cut Fruit

Apples

Orange Wedges

Fruit Cup

Grapes

Melon Cup

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What's for lunch?

March 22-26

Monday

Tuesday

Wednesday

Thursday

Friday

Entrée

Pasta with Beef Meatballs and Marinara Sauce

(E) (D) (S) (G)

Vegetarian & Allergen Free Entrée

Italian Style Rice Noodles with Tomatoes & Broccoli

Chef Special Sandwich

Arugula, Tomato & Goat Cheese Wrap

(G) (S) (D)

Chef Special Salad

Roasted Chicken & Arugula Salad with Goat Cheese

(D)

Side of the Day

Peppers

Baby Carrots

Grape Tomatoes

Salsa with Tortilla Chips

Broccoli

Daily Whole & Cut Fruit

Apples

Orange Wedges

Fruit Cup

Grapes

Melon Cup

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