



Lunch Options

Salad Bar

- Choose greens (1)
 - Spinach, spring, romaine, lettuce mix
- Choose toppings (5)
 - Cucumbers, tomato, onion, hard boiled eggs, grilled chicken, corn, chickpeas, peppers, cheese (cheddar, mozzarella, feta, parmesan), cranberry,
- Croutons
- Salad dressing (3)
 - Balsamic, cream Italian, French, ranch, blue cheese

Chili Bar

- Beef or Turkey
- Cheddar Cheese
- Jalapenos
- Chips
- Sour Cream
- Onions
- Cornbread

Taco Bar

- Taco meat – Beef or Turkey
- Cheddar Cheese
- Tomatoes
- Onions
- Cilantro
- Salsa
- Guacamole
- Chips

Variety of Wraps and Sandwiches

- Ham and Cheese, Turkey and Cheese, Roast beef and Cheese, Tuna salad, Chicken Salad, Egg Salad
- Chips





Make your own salad sandwich

Bread/Wrap variety
Chicken Salad, Tuna Salad, Egg Salad
Chips

Quiches/Fratta (2 for every 8 people)

Zucchini
Lorraine
Cheese
Broccoli and cheddar
Bacon and Swiss
Spinach and mushroom

Mexican Theme

Enchiladas – beef or chicken
Quesadilla – beef, chicken, or cheese
Nachos – cheese
Rice
Beans
Chips

Italian Theme

Baked Ziti
Ceasar Salad
Meatballs
Bread

Parm Theme

Chicken, meatballs, eggplant parm on sliders
Cesar salad





Soups (2 for every 8)

Tomato, Butternut Squash, White Beans, Chicken noodle, Cheddar & Broccoli, Pasta Fagioli

Side items will depend on soup choice:

Grilled cheese squares, croutons, crackers, parm cheese, parm cheese chips

Lunch in a bag

Various sandwiches and wraps, chips, cookie and a piece of fruit in a brown paper bag

Middle Eastern Dip Trio (choose 3)

Hummus, Baba Ghanoush, Tzatziki, Moutabal (roasted eggplant and vegetable salad)

Includes Pita chips

Choice of one dessert – all options above will come with a choice of dessert except the lunch in a bag as cookies will be included in the brown bag

Chocolate Chip Cookies

Walnut Chocolate Chip Cookies

Oatmeal Cookies

Brownies

All paper products are included

