



TRADITIONAL

Salads and Soups:

Monday: Juliane veggie soup

Tuesday: Kale and apple with sesame and cashews

Wednesday: Mixed greens with grapes and bacon dust salad

Thursday: Baby spinach with strawberries and avocado salad

Friday: Creamy carrot-coconut soup

Casseroles:

Monday: Mushroom shawarma bowl (Rice, fried chickpeas, veggies)

Tuesday: Portuguese roasted chicken with caraway roasted roots

Wednesday: Bourbon peach pork loin with mashed cauliflower

Thursday: Lime-cilantro tilapia with green barley (Peas-Brussel sprout)

Friday: Bow tie with homemade turkey sausage, white beans and kale

Lunch Special: (meal includes fruit parfait or similar)

Monday: Black bean burger with chips

Tuesday: Tuna Onigiri with green salad

Wednesday: Brit 6' (roast beef-lettuce-cucumber-sundried tomato)

Thursday: "Essi" turkey sandwich

Friday: Chickpea burger with chips



VEGAN

Salads:

Monday: Juliane veggie soup

Tuesday: Kale and apple with sesame and cashews

Wednesday: Mixed greens with grapes and bacon dust salad

Thursday: Baby spinach with strawberries and avocado salad

Friday: Creamy carrot-coconut soup

Casseroles:

Monday: Mushroom shawarma bowl (Rice, fried chickpeas, veggies)

Tuesday: Farro and kidney beans with burnt scallion platter

Wednesday: Bourbon peach tempeh with mashed cauliflower

Thursday: Lime-cilantro tofu with green barley (Peas-Brussel sprout)

Friday: Bow tie with homemade meatless sausage and white beans