



## TRADITIONAL

### Salads and Soups:

**Monday:** 3 green salad (organic greens, apple, avocado)

**Tuesday:** Split pea soup

**Wednesday:** Greek salad (tomato, spinach, feta)

**Thursday:** Old fashioned minestrone

**Friday:** Mexican kale salad (black beans, pico de gallo, tortilla chips)

### Casseroles:

**Monday:** Udon soupy stir-fry

**Tuesday:** Teriyaki salmon with fried brown rice and broccoli

**Wednesday:** Roasted BBQ pork loin with tomatoes and rosemary potatoes

**Thursday:** Milanese steak with spring veggies (eggplant, tomato, zucchini)

**Friday:** Land paella (chicken)

### Lunch Special: (meal includes fruit parfait or similar)

**Monday:** Lentil burger with chips

**Tuesday:** Ham and cheese grilled sandwich

**Wednesday:** Tuna 6'

**Thursday:** Honey mustard ham bento

**Friday:** Fish & chips



## VEGAN

### Salads:

**Monday:** 3 green salad (organic greens, apple, avocado)

**Tuesday:** Split pea soup

**Wednesday:** Greek salad (tomato, spinach, almond feta)

**Thursday:** Old fashioned minestrone

**Friday:** Mexican kale salad (black beans, pico de gallo, tortilla chips)

### Casseroles:

**Monday:** Udon soupy stir-fry

**Tuesday:** Teriyaki sprouts with fried brown rice and broccoli

**Wednesday:** Roasted BBQ tempeh with tomatoes and rosemary potatoes

**Thursday:** Milanese cauli-steak with spring veggies (eggplant, tomato, zucchini)

**Friday:** Veggie paella