



TRADITIONAL

Salads and Soups:

Monday: Thai coconut soup

Tuesday: Sweet potato light cream

Wednesday: Light garden soup

Thursday: Winter harvest salad (mixed greens, sweet potato, beets)

Friday: Garbanzo creamy soup

Casseroles:

Monday: Cowboy stuffed acorn (sweet corn, black beans, tomatoes)

Tuesday: Mediterranean Chicken with orzo

Wednesday: Mustard honey pork ribs with roasted veggies

Thursday: Hoisin-pineapple salmon with barley and charred fennel

Friday: Penne and tuna bake

Lunch Special: (meal includes fruit parfait or similar)

Monday: Ham and cheese croissant

Tuesday: Turkey and avocado wrap ("torfurkey" available)

Wednesday: Bratwurst hot dog with chips

Thursday: Teriyaki chicken bento box (tempeh available)

Friday: Black bean burger with chips



VEGAN

Salads:

Monday: Thai coconut soup

Tuesday: Sweet potato light cream

Wednesday: Light garden soup

Thursday: Winter harvest salad (mixed greens, sweet potato, beets)

Friday: Garbanzo creamy soup

Casseroles:

Monday: Cowboy stuffed acorn (sweet corn, black beans, tomatoes)

Tuesday: Mediterranean cauliflower with orzo

Wednesday: Mung beans with roasted leek and mushrooms

Thursday: Hoisin-pineapple mock chicken with barley and charred fennel

Friday: Roasted sweet potatoes and asparagus po'boy