



TRADITIONAL

Salads and Soups:

Monday: Baby spinach salad with avocado and raspberries

Tuesday: Chopped salad

Wednesday: 3Green salad (arugula, apple, avocado)

Thursday: Butternut creamy soup

Friday: Pippirana salad (Pic attached for reference)

Casseroles:

Monday: Caprese quinoa bake

Tuesday: Scottish meatloaf

Wednesday: Granny's chicken pot pie

Thursday: Fish tacos (with Mexican rice and black beans)

Friday: Turkey lasagna

Lunch Special: (meal includes fruit parfait or similar)

Monday: Grilled cheese with 8 oz. tomato soup

Tuesday: Chicken club

Wednesday: Bratwurst hot dog with chips

Thursday: Teriyaki shrimp bento box (tempeh available)

Friday: Lentil burger with chips



VEGAN

Salads:

Monday: Baby spinach salad with avocado and raspberries

Tuesday: Chopped salad

Wednesday: 3Green salad (arugula, apple, avocado)

Thursday: Butternut creamy soup

Friday: Pipirrana salad

Casseroles:

Monday: Caprese quinoa bake

Tuesday: Masala stuffed peppers

Wednesday: Cauliflower pot pie

Thursday: Veggie tacos (with Mexican rice and black beans)

Friday: Veggie lasagna