



## TRADITIONAL

### Soups and salads:

**Monday:** President's day

**Tuesday:** Pumpkin cream with roasted almonds

**Wednesday:** Light asparagus soup with bacon dust

**Thursday:** Kale and orange with roasted almonds

**Friday:** Baby spinach with avocado and berries compote

### Casseroles:

**Monday:** President's day

**Tuesday:** Chicken parmesan with Mediterranean couscous

**Wednesday:** Peach & prunes pork loin with sweet potatoes and peas

**Thursday:** Japanese curry shrimp & steamed rice (broccoli and carrots)

**Friday:** Penne with broccoli and homemade turkey sausages

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

**Monday:** President's day

**Tuesday:** Sticky ham bento box (tempeh available)

**Wednesday:** Tuna potato salad sandwich

**Thursday:** Prosciutto and tomato panini with chips

**Friday:** Ham and cheese croissant



## VEGAN

### Salads:

**Monday:** President's day

**Tuesday:** Pumpkin cream with roasted almonds

**Wednesday:** Light asparagus soup with bacon dust

**Thursday:** Kale and orange with roasted almonds

**Friday:** Baby spinach with avocado and berries compote

### Casseroles:

**Monday:** President's day

**Tuesday:** Cauliflower parmesan steak with Mediterranean couscous

**Wednesday:** Peach & prunes crusted tofu with sweet potatoes and peas

**Thursday:** Japanese curry Brussel sprouts & steamed rice (broccoli and carrots)

**Friday:** Penne with broccoli and roasted bell peppers