



## TRADITIONAL

### Soups and salads:

**Monday:** Lasagna soup

**Tuesday:** Butternut cream with garlic croutons

**Wednesday:** Carrot and ginger light cream

**Thursday:** Green salad with Roquefort, apple and walnuts

**Friday:** Lebanese bean salad

### Casseroles:

**Monday:** Zucchini boats (quinoa, mushrooms, tomatoes)

**Tuesday:** Portuguese roasted chicken with rosemary potatoes

**Wednesday:** Polenta with mushrooms, bacon and sausage

**Thursday:** Shepherd's pie

**Friday:** Lime cilantro tilapia with sweet potato mashed and green beans

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

**Monday:** Montecristo with chips

**Tuesday:** Fresh cheese and turkey wrap

**Wednesday:** Stromboli Margarita

**Thursday:** Chicken provolone 6'

**Friday:** Ham and cheese croissant



## VEGAN

### Salads:

**Monday:** Lasagna soup

**Tuesday:** Butternut cream with garlic croutons

**Wednesday:** Carrot and ginger light cream

**Thursday:** Green salad with almond feta, apple and walnuts

**Friday:** Lebanese bean salad

### Casseroles:

**Monday:** Zucchini boats (quinoa, mushrooms, tomatoes)

**Tuesday:** Black bean patty with rosemary potatoes

**Wednesday:** Polenta with mushrooms, kale and roasted carrots

**Thursday:** Shepherd's pie (seasonal veggies)

**Friday:** Vegan ultimate mac gratin (GF pasta available)