



TRADITIONAL

Soups and salads:

Monday: Harvest Salad (mixed greens, roasted squash and beets, fresh cheese)

Tuesday: Broccoli light cream

Wednesday: Quinoa & cranberry orange salad

Thursday: Peach gazpacho

Friday: Kale Waldorf salad

Casseroles:

Monday: Black bean stuffed sweet potato

Tuesday: Vietnamese shrimp rolls

Wednesday: Browned honey butter salmon with scalloped potatoes

Thursday: Apricot mustard pork loin with roasted roots (beets, carrots, turnip)

Friday: Seafood Paella

Lunch Special: (meal includes fruit parfait or similar)

Monday: Ham and Cheese

Tuesday: Chicken mustard

Wednesday: Teriyaki Ham

Thursday: Egg and cabbage

Friday: Bacon and cheese



VEGAN

Salads:

Monday: Harvest Salad (mixed greens, roasted squash and beets, fresh cheese)

Tuesday: Broccoli light cream

Wednesday: Quinoa & cranberry orange salad

Thursday: Peach gazpacho

Friday: Kale Waldorf salad

Casseroles:

Monday: Black bean stuffed sweet potato

Tuesday: Vietnamese rolls

Wednesday: Provençal roasted cauliflower with scalloped potatoes

Thursday: Apricot mustard tofu with roasted roots (beets, carrots, turnip)

Friday: Veggie Paella