

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
	CHEF SALAD & VEGGIE SALAD OFFERED EVERY-DAY			1	2
Hot Regular / Veggie				HAPPY NEW YEAR! CLOSED	Grilled Pollock/ <i>White Bean & Parmesean</i>
Cold Regular					Scoop Sriracha Chickpea Salad
	5	6	7	8	9
Hot Regular / Veggie	Honey Lime Chicken/ Honey Lime Chick-peas	Beef Lomein Noodle/ <i>Soy Beef Strips</i>	Breaded Fish Filet/ Veggie-Hummus Sandwich	6 Swedish Chicken Meatballs w/WG Egg Noodle/ <i>Vegetable Meatballs w/Sauce</i>	Minestrone Soup/ Same
Cold Regular	Cold Winter Salad Bowl (WG Rice, feta, beets, roasted carrot, chickpeas) w/balsamic dressing	Tuna Salad w/WW Bread	Whole Chicken Wrap (2 pieces) w/WG Tortilla	Asian Chicken Salad	Caprese: Fresh Mozzarella, Cucumbers, Tomato & Balsamic Vinagrette w/ WG Pita Bread
	12	13	14	15	16
Hot Regular / Veggie	Oven Fried Chicken/Vegetarian Chix Strips	Beef Stew/ Lentil Stew	Chicken Piccata/ Vegetarian Chix Strips	WG Tagliatelle Pasta w/Kale, Tomatoes, Cannellini beans, Veggies, WG)/ Same	Vegetarian Chili/ Same
Cold Regular	Chef Salad (Protein, Swiss Cheese, Roast Beef, Wedged Egg)	Spinach Strawberry Feta Salad w/Chicken Breast	Tabbouleh (Grain, Veg-Bell pepper, cucumber, tomato)	Asian Beef Spring Roll	Egg Salad w/WW English Muffin
	19	20	21	22	23
Hot Regular / Veggie	CLOSED IN OBSERVANCE OF MLK JR. DAY	Sliced Turkey & Gravy/ Vegetarian Chicks Strips	Beef Pho, WG & Meatballs w/Rice Noodles/ <i>Vegetarian Tofu Pho w/WG</i>	Yangs Lemongrass Chicken/ Lemongrass Chix Strips	Macaroni & Cheese/ Same + Cheese
Cold Regular		Beef Caesar Salad	Chicken Salad w/WG Roll	Taco Salad w/ Southwest Ranch	Powerhouse Wrap
	26	27	28	29	30
Hot Regular / Veggie	Spaghetti & Meat Sauce/ Beef Soy Protein w/ Spaghetti & Cheese, Tomato Sauce	Chicken Pozole (w/ Veggies-radish, green cabbage, onion, hominy)/ Pinto Bean Pozole	Meatloaf & Gravy/ <i>Vegan Beef Strip</i>	Chicken Pad Thai over WG Linguini Noodles/ <i>Tofu</i>	Breaded Fish Filet/ <i>Vegan Veggie Patty</i>
Cold Regular	Asian Chop Salad w/ Chicken	Turkey Sliced, Cheese w/WG Tortilla	Pesto Pasta Salad	Greek Steak Salad	Cottage Cheese, String Cheese, WG Apple Muffin, Italian Tomato Salad