# Lunch Menu

## Monday
- **Roasted Chicken with Creamy Lemon Thyme Sauce**
  - Vegetarian
  - Fish
- **Pasta with Olive Oil and Spinach**
  - Fish
- **Kale Fried Rice**
  - Vegetarian
- **Broiled Asian Tilapia**
  - Fish
- **Pasta with Olive Oil and Spinach**
  - Fish
- **Grilled Cheese and Tomato Bisque**
  - Vegetarian

## Tuesday
- **Chicken Fajitas**
  - Gluten
  - Fish
- **Refried Beans**
  - Gluten
  - Dairy
  - Soy
- **Mexican Rice**
  - Gluten
  - Fish
- **Shrimp Fajita**
  - Fish
- **Chips and Queso - Home Made Salsa**
  - Dairy
  - Soy
- **Roasted Calabacita with Corn and Cheese**
  - Gluten
  - Dairy
  - Soy
  - Egg

## Wednesday
- **Roasted Achiote Chicken**
  - Gluten
  - Fish
  - Egg
  - Soy
- **Onion and Garlic Rice**
  - Gluten
  - Fish
  - Egg
  - Soy
- **Coconut Curry Tofu**
  - Gluten
  - Fish
  - Egg
  - Soy
- **Cocoa-Rubbed Pork Ribs**
  - Gluten
  - Fish
  - Egg
  - Soy
- **Chicken Tenders and Fries**
  - Gluten
  - Fish
  - Egg
  - Soy

## Thursday
- **Seared Salmon with Sundried Tomato Sauce**
  - Fish
  - Gluten
  - Dairy
  - Soy
- **Orzo and Spinach Blend**
  - Gluten
  - Fish
  - Soy
- **Cauliflower Pizza with Fresh Basil and Cheese**
  - Gluten
  - Soy
- **Spicy Chicken Wings with Togarashi Sauce**
  - Gluten
  - Fish
  - Soy
- **Steamed White Rice**
  - Gluten
  - Fish

## Friday
- **Shepherds Pie**
  - Gluten
  - Fish
- **Roasted Smoked Paprika Steak Potatoes**
  - Gluten
  - Fish
- **Barley and Vegetable Ragout**
  - Gluten
  - Fish
- **Beer Battered Fish with Tartar Sauce**
  - Gluten
  - Fish
- **Fresh Vegetables**
  - Gluten
- **Fried Rice Station**
  - Gluten

## Saturday
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## Sunday
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| = Vegan | = Contains Gluten | = Contains Milk | = Contains Fish | = Contains Peanuts |
| = Vegetarian | = Contains Soy | = Contains Eggs | = Contains Shellfish | = Contains Treenuts |
### Dinner Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tandoori Chicken</strong></td>
<td><strong>Pork Tenderloin with Raspberry Chipotle Sauce</strong></td>
<td><strong>SID Associates Night</strong></td>
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<tr>
<td><strong>Coconut Basmati Rice</strong></td>
<td><strong>Scallop Potatoes</strong></td>
<td>-</td>
</tr>
<tr>
<td><strong>Tofu and Green Beans</strong></td>
<td><strong>Stuffed Potato Skins with Spinach and Tomato</strong></td>
<td>-</td>
</tr>
<tr>
<td><strong>Jerk Rubbed Swai with Spicy Cilantro Slaw</strong></td>
<td><strong>Roasted Spaghetti Squash</strong></td>
<td>-</td>
</tr>
<tr>
<td><strong>Broccoli and Carrots</strong></td>
<td><strong>Braised Chicken in Red Wine with Basil and Wild Mushrooms</strong></td>
<td>-</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Caramel Braised Pork</strong></td>
<td><strong>Dinner on Your Own…. Rice Village is Nice!</strong></td>
<td><strong>Dinner on Your Own…. Rice Village is Nice!</strong></td>
</tr>
<tr>
<td><strong>Brown Rice</strong></td>
<td><strong>Seared Chicken with Tomato and Olive Relish</strong></td>
<td><strong>Seared Chicken with Tomato and Olive Relish</strong></td>
</tr>
<tr>
<td><strong>Roasted Acorn Squash</strong></td>
<td><strong>Roasted Butternut Squash and Goat Cheese Crepe</strong></td>
<td><strong>Roasted Butternut Squash and Goat Cheese Crepe</strong></td>
</tr>
</tbody>
</table>

### Allergies

- **Vegan**
- **Contains Gluten**
- **Contains Milk**
- **Contains Fish**
- **Contains Peanuts**
- **Contains Soy**
- **Contains Eggs**
- **Contains Shellfish**
- **Contains Treenuts**