# Lunch Menu

## Monday
- **Chicken and Dumplings**
- **Roasted Parmesan Tomatoes**
- **Herb Fish in Tomato Chipotle Sauce**
- **Asiago Spinach Quiche**
- **Whole Grain Red Quinoa with Tofu**
- **Bacon Ranch Pizza**
- **Margherita Pizza**

## Tuesday
- **Chicken Pesto Mayo Sandwich**
- **Seasoned Fries**
- **Chicken Pesto Mayo Sandwich**
- **Sundried Tomato Linguine Artichoke Cremini Mushroom Sauce**
- **Buffalo Chicken Pizza with Blue Cheese**
- **Vegetable Fried Rice**

## Wednesday
- **Smoked Salmon Pasta in Dill Cream Sauce**
- **Haricots Verts with Mushrooms**
- **Prosciutto Pizza**
- **Shrimp in Oyster Sauce**
- **Linguini Artichoke Cremini Mushroom Sauce**
- **Garlic Parmesan Potato Pizza**

## Thursday
- **Basmati Rice**
- **Red Curry Chicken**
- **Slow Braised Green Chile Pork**
- **Potato Cauliflower Masala**
- **Brie Apple Croissant**
- **Bacon Ranch Pizza**
- **Margherita Pizza**

## Friday
- **Steamed Rice**
- **Shrimp Sausage Creole**
- **Herb Crusted Chicken**
- **Pasta Pesto with Sundried Tomato**
- **Tofu Stir Fry with Plum Sauce and Mango**
- **Bacon Jalapeno Popper Pizza**
- **Vegetable Supreme**

## Saturday
- **Mini Waffle with Strawberry Compote**
- **Mushroom Red Pepper Parmesan Frittata**
- **Buffalo Chicken Wings**
- **Rice Black Bean with Salsa Verde**
- **Cheese Enchiladas**
- **Shrimp in Oyster Sauce**
- **Linguini Artichoke Cremini Mushroom Sauce**

## Sunday
- **Basil Chicken and Dumplings**
- **Roasted Parmesan Tomatoes**
- **Herb Fish in Tomato Chipotle Sauce**
- **Asiago Spinach Quiche**
- **Whole Grain Red Quinoa with Tofu**
- **Bacon Ranch Pizza**
- **Margherita Pizza**

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- **VG** = Vegetarian
- **G** = Contains Gluten
- **SF** = Contains Soy
- **F** = Contains Fish
- **M** = Contains Milk
- **E** = Contains Eggs
- **P** = Contains Peanuts
- **V** = Contains Treenuts
- **T** = Contains Treenuts
- **=** = Common
**Dinner Menu**

<table>
<thead>
<tr>
<th><strong>Monday</strong></th>
<th><strong>Tuesday</strong></th>
<th><strong>Wednesday</strong></th>
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<tbody>
<tr>
<td><strong>GARLIC MASHED POTATOES</strong></td>
<td><strong>JASMINE RICE</strong></td>
<td><strong>MAC AND CHEESE</strong></td>
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<tr>
<td><strong>CHICKEN FRIED CHICKEN</strong></td>
<td><strong>CHICKEN TERIYAKI</strong></td>
<td><strong>SHREDDED BBQ BEEF</strong></td>
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<tr>
<td><strong>COD FISH IN COCONUT YELLOW CURRY</strong></td>
<td><strong>PORK LOIN ROAST WITH CREOLE MUSTARD</strong></td>
<td><strong>CORNMEAL CRUSTED CATFISH WITH TARTAR SAUCE</strong></td>
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<tr>
<td><strong>BROCCOLI CHEDDAR STREUDEL</strong></td>
<td><strong>BIG NOODLE BOWL WITH SESAME GINGER SOY SAUCE</strong></td>
<td><strong>EGGPLANT GREEN BEAN STEW</strong></td>
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<tr>
<td><strong>PLANT-BASED VEGAN SAUSAGE IN BBQ SAUCE</strong></td>
<td><strong>TOMATO MOZZARELLA HERB MINI SANDWICHES</strong></td>
<td><strong>CORN TOMATO ZUCCHINI TOFU MEDLEY</strong></td>
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<tr>
<td><strong>SMOKED CHEDDAR TURKEY BURGER</strong></td>
<td><strong>FRESH PITA AND HOUUMOUS</strong></td>
<td><strong>JUMBO CINNAMON ROLLS</strong></td>
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<tr>
<td><strong>CAULIFLOWER HOISIN</strong></td>
<td><strong>ROASTED PORTOBELLO BALSAMICO</strong></td>
<td><strong>GREEK SALAD WITH FETA</strong></td>
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<thead>
<tr>
<th><strong>Thursday</strong></th>
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<th><strong>Saturday</strong></th>
<th><strong>Sunday</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>ROASTED POTATOES</strong></td>
<td><strong>WILD RICE BLEND WITH HERBS</strong></td>
<td><strong>GARLIC YUKON GOLD POTATOES</strong></td>
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<tr>
<td><strong>BEEF LASAGNA</strong></td>
<td><strong>SWEDISH MEATBALLS WITH MUSHROOM SAUCE</strong></td>
<td><strong>ROASTED TURKEY WITH GRAVY</strong></td>
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<tr>
<td><strong>VERACRUZ STYLE FISH</strong></td>
<td><strong>TILAPIA FISH WITH CORN SALSA</strong></td>
<td><strong>FISH IN TOMATO CURRY SAUCE</strong></td>
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<tr>
<td><strong>FIESTA RICE PILAF</strong></td>
<td><strong>TORTELLINI WITH TOMATO BASIL SAUCE</strong></td>
<td><strong>BAKED MANICOTTI IN CREAMY PESTO SAUCE</strong></td>
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<tr>
<td><strong>HOMEMADE PINTO BEAN</strong></td>
<td><strong>CHICKPEA CURRY WITH KALE</strong></td>
<td><strong>WHOLE GRAIN FARRO WITH CRANBERRY AND KALE</strong></td>
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<tr>
<td><strong>PLANT-BASED VEGAN PASTOR TACOS</strong></td>
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<tr>
<td><strong>THE GREAT ARTICHOKE PROVOLONE SANDWICH</strong></td>
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**Icons:**
- **Green** = Vegan
- **Magenta** = Contains Gluten
- **Orange** = Contains Soy
- **Yellow** = Contains Milk
- **Blue** = Contains Fish
- **Red** = Contains Eggs
- **Black** = Contains Shellfish
- **Brown** = Contains Peanuts
- **Gray** = Contains Treenuts