<table>
<thead>
<tr>
<th>Lunch Menu</th>
<th>Tuesday</th>
<th>Wednesday</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Steamed White Rice</td>
<td>Bowtie Pasta Primavera</td>
</tr>
<tr>
<td></td>
<td>Southwest Grilled Chicken</td>
<td>Grilled Chicken Breast with Cucumber Mint Relish</td>
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<tr>
<td></td>
<td>Baked Swai Fish Fillet with Sage Butter Sauce</td>
<td>Roasted Pork Chops with Caramelized Onions &amp; Mushrooms</td>
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<tr>
<td></td>
<td>Roasted Mexican Squash &amp; Tofu</td>
<td>Blackened Tofu Cutlets with Arugula</td>
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<tr>
<td></td>
<td>Refried Black Beans</td>
<td>Roasted Garlic Mushrooms &amp; Red Peppers</td>
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<tr>
<td></td>
<td>Creamy Tomato Basil Soup</td>
<td>Curry Lentil Stew</td>
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<tr>
<td></td>
<td>Onion Rings</td>
<td>Roasted Broccoli &amp; Tempeh</td>
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<tr>
<td></td>
<td>Sweet Potato Mash</td>
<td>Chicken &amp; Gnocchi Soup</td>
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<tr>
<td></td>
<td>Lemon Pepper Cod Loins</td>
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<tr>
<td></td>
<td>Beef &amp; Pork Meatballs in Gravy</td>
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<td></td>
<td>Roasted Broccoli &amp; Tempeh</td>
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<td></td>
<td>Curry Lentil Stew</td>
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<tr>
<td></td>
<td>Chicken &amp; Gnocchi Soup</td>
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<tr>
<td>Thursday</td>
<td>Spanish Rice</td>
<td>Bowtie Pasta Primavera</td>
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<tr>
<td></td>
<td>Pulled Pork Carnitas</td>
<td>Grilled Chicken Breast with Cucumber Mint Relish</td>
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<tr>
<td></td>
<td>Tuscan Butter Shrimp</td>
<td>Roasted Pork Chops with Caramelized Onions &amp; Mushrooms</td>
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<tr>
<td></td>
<td>Cauliflower Steaks over Marinara</td>
<td>Blackened Tofu Cutlets with Arugula</td>
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<td></td>
<td>Roasted Oumph with Peppers &amp; Onions</td>
<td>Roasted Garlic Mushrooms &amp; Red Peppers</td>
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<tr>
<td></td>
<td>Loaded Potato Soup</td>
<td>Fried Macaroni Triangles</td>
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<tr>
<td></td>
<td>Seasoned Waffle Fries</td>
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<tr>
<td></td>
<td>Mango Habanero Wings</td>
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<tr>
<td></td>
<td>Turkey Swiss &amp; Pesto Wraps</td>
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<td></td>
<td>Roasted Eggplant Balsamico &amp; Tofu</td>
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<td></td>
<td>Navy Bean &amp; Kale Stew</td>
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<tr>
<td></td>
<td>Vegan Chili</td>
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</tbody>
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|= Vegan
|= Contains Gluten
|= Contains Soy
|= Contains Milk
|= Contains Fish
|= Contains Shellfish
|= Contains Eggs
|= Contains Peanuts
|= Contains Treenuts
## Dinner Menu

### Monday
- **Ranch Steak Fries**
- **Roasted Lemongrass Pork Loins**
- **Honey BBQ Chicken Drumsticks**
- **Sweet Baked Beans**
- **Vegetarian Dirty Rice**
- **Fried Jalapeno Hushpuppies**
- **Ice Cream Bar**

### Tuesday
- **Vegetable Fried Rice**
- **General Tso's Chicken**
- **Miso Honey Glazed Tilapia**
- **Crispy Orange Tofu Over Seared Bok Choy**
- **Vegetable Spring Rolls**
- **Roasted Sesame Green Beans**
- **Coffee Cake**

### Wednesday
- **Garlic Mashed Potatoes**
- **Country Fried Steak With Gravy**
- **Roasted Chicken Thighs With Caramelized Onions**
- **Three Bean Stew**
- **Roasted Carrots And Parsnips With Green Harissa**
- **Hot Dog Bar**
- **German Chocolate Cake**

### Thursday
- **Saffron Rice Pilaf**
- **Chicken-Stuffed Bell Peppers Spanish Style**
- **Chipotle Pork Stew**
- **Vegetarian Charro Beans**
- **Roasted Brussel Sprouts, Butternut Squash And Tofu**
- **Tortilla Avocado Salad**
- **Tiramisu**

### Friday
- **Honey BBQ Chicken Drumsticks**
- **Miso Honey Glazed Tilapia**
- **Crispy Orange Tofu Over Seared Bok Choy**
- **Vegetable Spring Rolls**
- **Roasted Sesame Green Beans**
- **Coffee Cake**

### Saturday
- **Saffron Rice Pilaf**
- **Chicken-Stuffed Bell Peppers Spanish Style**
- **Chipotle Pork Stew**
- **Vegetarian Charro Beans**
- **Roasted Brussel Sprouts, Butternut Squash And Tofu**
- **Tortilla Avocado Salad**
- **Tiramisu**

### Sunday
- **Saffron Rice Pilaf**
- **Chicken-Stuffed Bell Peppers Spanish Style**
- **Chipotle Pork Stew**
- **Vegetarian Charro Beans**
- **Roasted Brussel Sprouts, Butternut Squash And Tofu**
- **Tortilla Avocado Salad**
- **Tiramisu**

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

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**Monday Menu Options:**
- Contains Shellfish
- Contains Treenuts
- Contains Eggs

**Tuesday Menu Options:**
- Contains Milk

**Wednesday Menu Options:**
- Contains Treenuts

**Thursday Menu Options:**
- Contains Shellfish

**Friday Menu Options:**
- Contains Gluten

**Saturday Menu Options:**
- Contains Peanuts

**Sunday Menu Options:**
- Contains Gluten