# Lunch Menu

## Monday
- **Sliced Potatoes with Peppers & Onions**
- **Chicken & Dumplings**
- **Curry Roasted Cauliflower, Brussels Sprouts & Tofu**
- **Baked Manicotti with Marinara**
- **Avocado Tortilla Salad**
- **Grilled Cheese Sandwich**
- **Tomato Basil Soup**

## Tuesday
- **Coconut Curry Chicken**
- **Potato, Cauliflower & Edamame Ragout**
- **Mushroom & Swiss Quiche**
- **Green Bean, Tomato & Mushroom Salad**
- **Crispy Corn Nuggets**
- **Baked Basa Fillet with Arugula Salad**
- **Balsamic Watermelon Arugula Salad with Balsamic Vinaigrette**

## Wednesday
- **Cilantro Lime Potatoes**
- **Baked Basa Fillet with Arugula Salad**
- **Garlic Basil Pasta Primavera**
- **Clam Chowder**
- **Mini Pepperoni Pizzas**
- **Spinach, Quinoa & Tofu Sauté**
- **Chocolate Chip Pancakes**

## Thursday
- **Roasted Red Potatoes**
- **Baked Basa Fillet with Arugula Salad**
- **BBQ Plant-Based Sausage**
- **Broccoli Cheddar Timbale**
- **Greek Style Salad with Feta Cheese**
- **All Beef Hot Dogs**
- **Carrot Ginger Soup**

## Friday
- **Vegetable Rice Pilaf**
- **King Ranch Chicken**
- **Sliced Pork Loin with Chimichurri**
- **Tempeh Chipotle Stew**
- **Garlic Basil Pasta Primavera**
- **Yuca Fries**
- **Clam Chowder**

## Saturday
- **Green Chili Rice Pilaf**
- **Teriyaki Glazed Chicken**
- **Smoked Shredded BBQ Pork Thai Chili Tofu with Broccoli & Red Peppers**
- **Black Beans & Plantains**
- **Mini Pepperoni Pizzas**
- **Spinach, Quinoa & Tofu Sauté**

## Sunday
- **Warm Flour Tortillas**
- **Braised Beef Barbacoa**
- **Chilaquiles & Egg Hash**
- **Omelets to Order**
- **Chocolate Chip Pancakes**
- **Spinach, Quinoa & Tofu Sauté**

- **= Vegan**
- **= Contains Gluten**
- **= Contains Milk**
- **= Contains Fish**
- **= Contains Peanuts**
- **= Vegetarian**
- **= Contains Soy**
- **= Contains Eggs**
- **= Contains Shellfish**
- **= Contains Treenuts**
### Dinner Menu

#### Monday
- Wild Rice Pilaf
- Citrus Cod Loin with Capers
- Tofu Tetrazzini
- Fried Okra
- Quinoa Stuffed Peppers
- General 150 Chicken with Stir Fry Noodles
- Cherry Cobbler

#### Tuesday
- Chive Mashed Potatoes
- Beef Pot Roast with Gravy
- Mesquite Baked Chicken
- Spinach Stuffed Portobello Mushroom
- Braised Lentil Stew
- Garlic Naan Bread with Curry Chickpea Purée
- Coffee Cake

#### Wednesday
- Fettuccini Pasta
- Grilled Chicken Alfredo
- Eggplant Ratatouille with Edamame
- Brown Butter Gnocchi
- Roasted Garlic Green Beans & Tofu
- Pho Bar with Beef Brisket
- German Chocolate Cake

#### Thursday
- Candied Yams
- Chicken & Waffles
- Ham Steaks with Pineapple Glaze
- Cheese Omelets with Ranchero Sauce
- Blackened Tofu with Grits
- Sweet Baked Beans
- Tiramisu

#### Friday
- Ancient Grain Pilaf
- Grilled Andouille Pork Sausage
- Tuna Pasta with Broccoli
- Creole Red Beans
- Coconut Chili Sweet Potatoes & Tempeh
- Snickerdoodle Cookie Cake

#### Saturday
- Macaroni & Cheese
- Crispy Cod Loin with Tarrtar Sauce
- BBQ Glazed Chicken
- Redskin Potatoes with Peppers & Onions
- Navy Beans with Carrots & Kale
- Breaded Butterfly Shrimp

#### Sunday
- Garlic Egg Noodles
- Beef Stroganoff
- Carved Turkey Breast
- Black-Eye Pea Stew
- Tofu Vindaloo with Steamed Rice
- Curly Fries

---

- = Vegan
- = Contains Gluten
- = Contains Milk
- = Contains Fish
- = Contains Peanuts
- = Vegetarian
- = Contains Soy
- = Contains Eggs
- = Contains Shellfish
- = Contains Treenuts