### Lunch Menu

#### Monday
- **Pasta Pesto with Fresh Mozzarella, Olives & Mushrooms**
- **Spinach Tomato Feta**
- **Navy Beans with Carrots & Kale**
- **Swai Fillet with Sweet Basil Vinaigrette**
- **Roasted Garlic Chicken in Chunky Tomato Sauce (Halal)**
- **Arugula Sun-dried Tomato Salad with Lemon Vinaigrette**

#### Tuesday
- **Smoked Paprika Rice Pilaf**
- **Jackfruit, Pineapple & Corn Quesadillas**
- **Coconut Thai Chili Sweet Potato Curry**
- **Pork Tenderloin Chimichurri**
- **Chipotle Ranch Chicken Wrap (Halal)**
- **Kale Red Bean Salad with Lemon Vinaigrette**
- **Chicken Tenders**

#### Wednesday
- **Lemony Barley Pilaf with Roasted Eggplant & Arugula**
- **Polenta Medallions with Sweet Onion Tomato Jam**
- **Creamy Vegetable Lasagna**
- **Italian Pork Stuffed Zucchini Boats**
- **Chicken with Herb, Olive & Mushroom Relish (Halal)**
- **Tuscan Bean Soup**

#### Thursday
- **Roasted Eggplant, Potato & Broccoli**
- **Cauliflower & Chickpeas with Harissa**
- **Butternut Squash, Goat Cheese Flatbread with Kale**
- **Three Bean Vegetable Stew with Brown Rice**
- **Chicken with Roasted Fennel & Tomatoes (Halal)**
- **Ham & Pineapple Pizza**
- **Tacos with Flour & Fresh Corn Tortillas**

#### Friday
- **Roasted Yukon Potato Wedges**
- **Black-eyed Pea Cakes with Green Chile Corn & Zucchini**
- **Braised Greens**
- **Lemon Pepper Baked Catfish**
- **Sweet and Spicy Buffal Chicken Flatbread (Halal)**
- **Grilled Cheese**
- **Tomato Soup**

#### Saturday
- **Red Potatoes with Green Beans & Mushrooms**
- **Pork Sausage on a Stick**
- **Chicken Tetrazzini (Halal)**
- **Cheese Manicotti with Marinara**
- **Whole Grain Orzo with Local Tofu**
- **Grilled Chicken (Halal), Vegetable Patties**
- **Mini Pizzas**

#### Sunday
- **Omelet Station**
- **Waffles with Berries**
- **Garden Rice Pilaf**
- **Chicken Tinga (Halal)**
- **Ham & Pineapple Pizza**
- **Tacos with Flour & Fresh Corn Tortillas**
- **Grilled Cheese**
- **Tomato Soup**

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**Symbols:**
- **= Vegan**
- **= Contains Gluten**
- **= Contains Milk**
- **= Contains Soy**
- **= Contains Eggs**
- **= Contains Fish**
- **= Contains Shellfish**
- **= Contains Peanuts**
- **= Contains Treenuts**
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>Cilantro Lime Rice Pilaf</td>
<td>Herb Linguine Pasta</td>
<td>Jasmine Rice</td>
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<tr>
<td>Plant-based Picadillo</td>
<td>Beef Bolognese (Halal)</td>
<td>Orange Chicken (Halal)</td>
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<tr>
<td>Stuffed Poblano Peppers with Guajillo Sauce &amp; Cotija</td>
<td>COD with Shrimp Scampi</td>
<td>Honey Walnut Shrimp</td>
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<tr>
<td>Tomatillo Chicken (Halal)</td>
<td>Ricotta Stuffed Shells with Marinara</td>
<td>Sweet &amp; Sour Local Tofu</td>
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<tr>
<td>Tortilla Crusted Tilapia</td>
<td>Grilled Tofu with Caramelized Onion and Basil Relish</td>
<td>Sambal Roasted Japanese Eggplant Noodle Stir-fry</td>
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<tr>
<td>Vegetable Pozole</td>
<td>Vegetable Noodles with Olives &amp; Mushrooms in Herb Pesto</td>
<td>Wonton Romaine Salad with Sesame Ginger Vinaigrette</td>
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<table>
<thead>
<tr>
<th>Thursday</th>
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<tbody>
<tr>
<td>Mashed Potatoes</td>
<td>Roasted Red Potatoes with Peppers &amp; Onions</td>
<td>Waffle Fries</td>
<td>Egg Noodles</td>
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<tr>
<td>Veal Schnitzel</td>
<td>BBQ Beans</td>
<td>Chopped Barbecue Beef</td>
<td>Beef Stew</td>
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<tr>
<td>Chicken Cacciatore (Halal)</td>
<td>Thai Chile Tofu with Broccoli and Red Peppers</td>
<td>Sweet Chili Chicken (Halal)</td>
<td>Rosemary Mushroom Chicken (Halal)</td>
</tr>
<tr>
<td>Roasted Vegetable, Tofu &amp; Tomato Ragout</td>
<td>Barbecue Beef Brisket (Halal)</td>
<td>Cheese Enchiladas</td>
<td>Curry Rice with Chickpeas</td>
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<tr>
<td>Herb &amp; Garlic Butter Spaetzle with Asparagus</td>
<td>Beer Battered Fish with Tartar Sauce</td>
<td>Fiesta Rice &amp; Refried Black Beans</td>
<td>Spicy Tempeh Stew</td>
</tr>
<tr>
<td>Haricots Verts &amp; Mushrooms</td>
<td>-</td>
<td>Grilled Chicken (Halal), Vegetable Patties</td>
<td>Carved Pork Loin with Peach BBQ Sauce</td>
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