## Lunch Menu

### Monday
- **Brown Rice Florentine**
- **Eggplant and Chickpea Masala**
- **Roasted Garlic & Tomato Pie**
- **Tilapia Gratinate**
- **Chicken Thighs with Green Chile Pepita Pesto (Halal)**
- **Pork Tamales**

### Tuesday
- **Roasted Red Potatoes & Green Beans**
- **Zucchini Pancakes with Cucumber Tomato Relish**
- **Broccoli Timbale with Plant-Based Cheese Sauce**
- **Philly Cheesesteak Sandwich**
- **Grilled Chicken with Lemon Tarragon Vinaigrette (Halal)**
- **Cactus, Corn and Portobello Taco**
- **Tomato Basil Soup**

### Wednesday
- **Citrus Basmati Rice with Garden Peas**
- **Balsamic Glazed Grilled Eggplant & Zucchini over Navy Beans**
- **Saag Paneer**
- **Cubano Pork Sandwich**
- **Chicken Vindaloo (Halal)**
- **Warm Naan**
- **Bulgogi Beef Taco**

### Thursday
- **Curried Potatoes and Roasted Cauliflower**
- **Chipotle Tomato Tempeh Ragout**
- **Tostones with Black Bean Salsa**
- **Jerk-Seasoned Red Fish with Pineapple Chutney**
- **Chicken, Rosemary and Artichoke Sausage (Halal)**
- **Swiss Peach and Onion Salad**

### Friday
- **Olive Oil Smashed Potatoes with Arugula**
- **Grilled Cauliflower over Mashed Celery Root**
- **Penne with Plant-Based Italian Sausage &**
- **Breaded Flounder with Tartar Sauce**
- **Southwest Chicken Caesar Wrap (Halal)**
- **Ribon Zucchini Arugula Salad with Lemon**
- **Zucchini Pancakes with Cucumber Tomato Relish**

### Saturday
- **Southwest Rice Pilaf**
- **Black Bean, Corn & Local Tofu**
- **Cheese Enchiladas**
- **Chicken Tomatillo (Halal)**
- **BEEF TACO MEAT**
- **Grilled Halal Chicken & Vegetable Patties**
- **Pepperoni & Cheese Pizzas**

### Sunday
- **Fiesta Rice**
- **Ranchero Beans**
- **Beef Barbacoa**
- **Grilled Chicken (Halal)**
- **Spinach, Quinoa & Tofu Sauté**
- **Broccoli Cheddar Frittata**
- **Waffle Station**

### Allergy Information
- **Green Circle** = Vegan
- **Yellow Circle** = Vegetarian
- **Orange Circle** = Contains Gluten
- **Red Circle** = Contains Soy
- **Blue Circle** = Contains Milk
- **Light Blue Circle** = Contains Eggs
- **Orange Square** = Contains Fish
- **Dark Blue Square** = Contains Shellfish
- **Red Square** = Contains Treenuts
- **Yellow Square** = Contains Peanuts
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>Spaghetti Pasta with Marinara</td>
<td>Smoked Paprika Rice</td>
<td>Cremini Artichoke Linguine</td>
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<tr>
<td>PlantFare Bolognese Stuffed Zucchini</td>
<td>Chipotle Plant-based Sausage over Red Beans</td>
<td>Roasted Cauliflower &amp; Greens Beans</td>
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<tr>
<td>Spinach Tomato Feta</td>
<td>Blackened Local Tofu with Roasted Corn &amp; Okra</td>
<td>&quot;Parmesan&quot; Crusted Local Tofu over Marinara</td>
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<tr>
<td>Chicken Alfredo (Halal)</td>
<td>Beef &amp; Bean Burritos</td>
<td>Baked Swai with Blistered Tomatoes and Capers</td>
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<tr>
<td>Seafood Cioppino</td>
<td>Buffalo Chicken Thighs with Blue Cheese (Halal)</td>
<td>Basil Chicken Balsamico (Halal)</td>
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<tr>
<td>Garlic Parmesan Bread</td>
<td>Seafood Sliders with Remoulade</td>
<td>Mozzarella Sticks</td>
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<td>Creamy Gnocchi Soup</td>
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<th>Thursday</th>
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<tbody>
<tr>
<td>Spanish Rice</td>
<td>Roasted Potatoes</td>
<td>Red Quinoa, Rice &amp; Chickpeas</td>
<td>Mashed Potatoes</td>
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<tr>
<td>Refried Beans</td>
<td>Peach Barbecue Chicken (Halal)</td>
<td>Tri-color Tortellini Pesto</td>
<td>Creamy Mushroom Chicken (Halal)</td>
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<tr>
<td>Vegetable Enchiladas with Red Chili &amp; Cotija Cheese</td>
<td>Battered Pollock</td>
<td>Lamb &amp; Beef Gyro</td>
<td>Smoked Pork Sausage</td>
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<tr>
<td>Chicken Fajitas (Halal)</td>
<td>Creole Red Beans with Rice</td>
<td>Baked Chicken Pasta (Halal)</td>
<td>Tuscan Bean Medley</td>
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<tr>
<td>Carne Asada</td>
<td>Hoisin Tofu &amp; Broccoli</td>
<td>Waffle Fries</td>
<td>Sunflower Sausage Fritter with Corn Relish</td>
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<tr>
<td>Tortilla Chips &amp; Chile con Queso</td>
<td>Caesar Salad</td>
<td>Grilled Halal Chicken &amp; Vegetable Patties</td>
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<td>Pozole</td>
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