## Lunch Menu

### Monday
- Lemon Garlic Penne Pasta
- Fresh Vegetables
- Curry Garbanzo & Rice
- Grilled Chicken
- Shrimp Alfredo
- Cheddar Beef Wrap
- Caesar Salad
- Garden Salad & Fruit Salad

### Tuesday
- Fiesta Corn Rice
- Fresh Vegetables
- Black Bean Ragout with Plantains
- Grilled Chicken
- Cheddar Beef Wrap
- Caesar Salad
- Garden Salad & Fruit Salad

### Wednesday
- Vegetable Fried Rice
- Fresh Vegetables
- Spicy Tofu & Cabbage Stir-fry
- Grilled Chicken
- Teriyaki Cod Loin
- Caesar Salad
- Garden Salad & Fruit Salad

### Thursday
- Orzo Vegetable Medley
- Fresh Vegetables
- Curried Lentils with Kale
- Grilled Chicken
- Chicken Potstickers with Plum Sauce
- Caesar Salad
- Garden Salad & Fruit Salad

### Friday
- Herb Roasted Potatoes
- Fresh Vegetables
- Cheese Tortellini Pesto
- Grilled Chicken
- Tilapia with Roasted Corn Salsa
- Caesar Salad
- Garden Salad & Fruit Salad

### Saturday
- Wild Rice Pilaf
- Fresh Vegetables
- Navy Beans with Carrots & Kale
- Grilled Chicken
- Swedish Style Turkey Meatballs
- Caesar Salad
- Garden Salad & Fruit Salad

### Sunday
- Smoked Salmon Pasta
- Haricots Verts
- Vegetable Frittata
- Grilled Chicken
- Caesar Salad
- Garden Salad & Fruit Salad

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* = Vegan  
= Vegetarian  
= Contains Gluten  
= Contains Soy  
= Contains Milk  
= 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>Scalloped Potatoes</td>
<td>Sesame-soy Ginger Noodle Bowl</td>
<td>Macaroni &amp; Cheese</td>
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<tr>
<td>Fresh Vegetables</td>
<td>Fresh Vegetables</td>
<td>Fresh Vegetables</td>
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<tr>
<td>Couscous Pilaf with Roasted</td>
<td>Coconut Thai Chili Sweet Potatoes</td>
<td>Grilled Chicken</td>
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<tr>
<td>Vegetables</td>
<td>Grilled Chicken</td>
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<tr>
<td>Grilled Chicken</td>
<td>Pork Tenderloin with Mango Salsa</td>
<td>Caesar Salad</td>
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<tr>
<td>Breaded Fish with Tartar</td>
<td>Caesar Salad</td>
<td>Garden Salad &amp; Fruit Salad</td>
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<tr>
<td>Sauce</td>
<td>Garden Salad &amp; Fruit Salad</td>
<td>Garden Salad &amp; Fruit Salad</td>
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<tr>
<td>Caesar Salad</td>
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<tr>
<td>Garden Salad &amp; Fruit Salad</td>
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<table>
<thead>
<tr>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>Steamed White Rice</td>
<td>Red Quinoa Vegetable Pilaf</td>
<td>Rice &amp; Bean with Tofu</td>
<td>Roasted Garlic Yukon Potatoes</td>
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<tr>
<td>Fresh Vegetables</td>
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<tr>
<td>Red Bean, Corn &amp; Potato</td>
<td>Baked Pasta with Mozzarella</td>
<td>Green Bean Ragout</td>
<td>Ricotta Cheese Manicotti</td>
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<tr>
<td>Ragout</td>
<td>Grilled Chicken</td>
<td>Grilled Chicken</td>
<td>with Marinara</td>
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<tr>
<td>Grilled Chicken</td>
<td>Flounder with Mandarin Orange Salad</td>
<td>Grilled Chicken</td>
<td>Grilled Chicken</td>
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<tr>
<td>Shrimp &amp; Sausage Creole</td>
<td>Caesar Salad</td>
<td>Southwest Beef Lasagna</td>
<td>Smoked Sausage with Peppers</td>
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<td></td>
<td>Garden Salad &amp; Fruit Salad</td>
<td></td>
<td>&amp; Onions</td>
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<tr>
<td>Caesar Salad</td>
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<td></td>
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<tr>
<td>Garden Salad &amp; Fruit Salad</td>
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