



Lunch Menu

WEEK OF MARCH 2nd



a hands-on approach to fresh food

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP OF THE DAY	Asian Noodle and Vegetable	Split Pea with Homemade Croutons	Lentil	(NO LS CLASSES) Butternut Squash and Red Pepper	Savory Tomato Basil
ENTRÉE	Sweet and Sour Crispy Tofu with Mixed Rainbow Peppers	Salmon Burgers	Falafel with Tatziki Sauce and Grilled Seasoned Pita	Chick Pea and Potato Curry with Fresh Made Yogurt Naan Bread	Cheddar and Mozzarella Grilled Cheese sandwiches
ACCOMPANIMENTS	Sticky White Rice	Oven Roasted Seasoned Yukon Potatoes	Couscous with Cumin, Carrots, Parsley and Cilantro	Aromatic Basmati Rice	Oven Roasted Red Bliss Potatoes
ACCOMPANIMENTS	Sautéed Bok Choy, Carrots and Mushrooms	Sautéed String Beans	Roasted Brussels Sprouts	Eggplant Tikka Masala	Sauteed Vegetable Medley
SANDWICH OR WRAP OF THE DAY	Sunflower Butter and Jelly on Whole Wheat Sliced Bread	Tuna Salad with Lettuce and Tomato on French Baguette	Caesar Salad Wrap	Grilled Vegetables with Pesto on Whole Wheat French Baguette	Greek Salad Stuffed Pita Pockets
Selections Listed Below are Available Daily					
MAKE YOUR OWN <i>Items are Subject to Change Based on Availability</i>	SANDWICH	Ciabatta Roll • Bagels Whole Wheat Bread Rye • Challah Bread Gluten Free Bread Home-style Country Bread	Tuna • Egg Salad • Salmon Salad • Cream Cheese Flavored Cream Cheese • Jellies		
	SALAD	Romaine • Boston Arugula • Escarole Spinach • Kale	CHEESES - Muenster • Swiss • Cheddar • Mozzarella / Condiments		
COMPOSED SALADS	FEATURED SALADS	A Protein Salad A Grain Salad A Vegetable Salad A Special Green Salad	Lettuce • Tomato • Pickled Onion • Roasted Vegetables • Carrots • Beans Celery • Cucumbers • Hard Boiled Eggs • Pickles • Peppers • Olives Croutons • Roasted Vegetables • Tofu • Plain Tuna • Beets		
			Balsamic Vinaigrette • Apple Cider Vinaigrette • Caesar Dressing CTY Dressing (citrus - thyme vinaigrette) • Oil and Vinegar		
BEVERAGES and DESSERTS Items are Subject to Change Based on Availability	BEVERAGES		Homemade Aqua Fresca • Flavored Water • Apple Cider Ronnybrook Milk and Chocolate Milk		
	DESSERTS	Sweet Desserts are Offered Once a Week	Fruit Salad • Whole Fruit • Ice Cream • Frozen Fruit Bars Whole Grain Cookies • Fresh Baked Fruit Desserts • Yogurt		