



# Lunch Menu

## WEEK OF MARCH 9th



a hands-on approach to fresh food

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP OF THE DAY</b>	Lentil Kale Quinoa Stew	<b>NO LUNCH SERVICE</b>	Cream Of Broccoli	Vegetable Cous Cous	Savory Tomato Basil
<b>ENTRÉE</b>	Bowtie Pasta with Marinara, or Creamy Basil Pesto		Impossible Taco's With Crunchy Corn Shells & Toppings	Honey BBQ Salmon	Cheddar Tuna Melt or Cheddar and Tomato Melts
<b>ACCOMPANIMENTS</b>	Creamy Quinoa and Vegetable Risotto		Seasoned Yellow Rice	Twice Baked Potatoes	Oven Roasted Sweet Potato Wedges
<b>ACCOMPANIMENTS</b>	Sautéed Vegetable Medley		Sautéed Zucchini and Squash	Sauteed String and Wax Beans	Sauteed Broccoli with Garlic and Olive Oil
<b>SANDWICH OR WRAP OF THE DAY</b>	Tuna Salad with Lettuce & Tomato on a Kaiser Roll		Egg Salad on Marble Rye	Greek Salad Stuffed Pita	Whole Wheat Caesar Salad Wrap
<b>Selections Listed Below are Available Daily</b>					
<b>MAKE YOUR OWN</b> <i>Items are Subject to Change Based on Availability</i>	<b>SANDWICH</b>	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		
	<b>SALAD</b>	Romaine ▪ Boston Arugula ▪ Escarole Spinach ▪ Kale	CHEESES - Muenster ▪ Swiss ▪ Cheddar ▪ Mozzarella / Condiments		
<b>COMPOSED SALADS</b>	<b>FEATURED SALADS</b>	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		
<b>BEVERAGES and DESSERTS</b> Items are Subject to Change Based on Availability	<b>BEVERAGES</b>		Homemade Aqua Fresca ▪ Flavored Water ▪ Apple Cider Ronnybrook Milk and Chocolate Milk		
	<b>DESSERTS</b>	Sweet Desserts are Offered Once a Week	Fruit Salad ▪ Whole Fruit ▪ Ice Cream ▪ Frozen Fruit Bars Whole Grain Cookies ▪ Fresh Baked Fruit Desserts ▪ Yogurt		