



Lunch Menu

WEEK OF March 30th



a hands-on approach to fresh food

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|--------------------------------------|
| SOUP OF THE DAY | Minestrone | Mushroom Barley | French Onion | Vegetable Orzo | Tomato Basil |
| ENTRÉE | Three Cheese Macaroni and Cheese | Baked Potato Bar with Toppings (choice of Sweet or Idaho Potatoes) | Salmon Burgers on a Potato Bun | Cheddar Cheese and Vegetable Quesadillas with Guacamole and | Broccoli and Cheese Empandas |
| ACCOMPANIMENTS | Garlic Bread Sticks | Toppings: Chili, Cheese Sauce, Onions, Broccoli, Mushrooms, Vegetable Crumble | Oven Roasted Idaho Potato Wedges | Vegetable Seasoned Yellow Rice | Oven Roasted Potato Medley Mix |
| ACCOMPANIMENTS | Sauteed String Beans and Wax Beans | Quinoa Eggplant Parmesan Bake | Sauteed Broccoli with Garlic and Oil | Oven Baked Sweet Bananas | 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 Kaiser Roll | Cheddar and Tomato with Chipotle Sauce on French Baguette | Tomato and Mozzarella Wrap | Egg Salad on Marble Rye with Spinach |
| 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 <i>Items are Subject to Change Based on Availability</i> | 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 | | |