

# What's for lunch?



February 6-10

Monday

Tuesday

Wednesday

Thursday

Friday

Entrée

Tuscan Pork Chops (P)

Teriyaki Chicken Drumsticks (S) (A)

Quiche Lorraine (E) (D)  
with a Side of Turkey Bacon

Beef Burgers

Cheese Pizza (G) (D)

Vegetarian Entrée

Baked Ravioli (G) (D)

Quinoa Stir Fry (S) (A)

Chickpea Burgers (E)

Veggie Pizza & GF Option (G) (D)

Side

Roasted Carrots

Roasted Sweet Potatoes

Home Fries

Steamed Green Beans

Steamed Broccoli

Side

Sautéed Spinach

Steamed Peas

Brussels Sprouts

Mashed Potatoes (D)

Roasted Winter Squash

Soup

Tuscan Chickpea

Miso (S)

Oatmeal (G)

Minestrone (G)

Tomato

Cold Bar offerings include: salad greens, vegetable crudités, flavored yogurts & granola, deli meats (ham or turkey), cheese, hard-boiled eggs, olives or pickles, pita crisps or soft pita, wraps, bread, sunflower butter & jelly sandwiches, specialty spread, specialty salad and condiment bar (mayonnaise, ketchup, mustard, tamari & salad dressings).

We serve water, local milk and fresh fruit daily. On Fridays, we offer a special dessert (gluten-free/dairy-free dessert available).

# What's for lunch?



February 13-17

Monday

Tuesday

Wednesday

Thursday

Friday

Entrée

Pasta Alfredo

**G D**

Taco Tuesday:  
Turkey Tacos

Pork Fried Rice

**P E A**

Chicago Beef  
Hot Dogs

Chicken with  
Israeli Couscous

**G**

Vegetarian  
Entrée

Rice Noodles with  
Chickpeas

Mexican-Style  
Quinoa

Vegetable Fried  
Rice

**E A**

Vegetarian Hot  
Dogs

**E G S**

Lentil & Rice Pilaf

Side

Roasted Carrots

Steamed Corn

Bok Choy

Steamed Broccoli

Steamed Green  
Beans

Side

Collard Greens

Sautéed Spinach

Roasted Sweet  
Potatoes

Baked Beans

Winter Squash

Soup

Vegetable &  
Rice

Chicken Tortilla

Ginger Carrot

Potato Leek

Red Lentil

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**NON-VEGETARIAN** **VEGETARIAN** **D** CONTAINS DAIRY **G** CONTAINS GLUTEN **E** CONTAINS EGG **S** CONTAINS SOY **A** CONTAINS SESAME **P** CONTAINS PORK

# What's for lunch?



February 20-24

Monday

Tuesday

Wednesday

Thursday

Friday

Entrée



Italian Turkey Meatballs

**E G**

Beef & Broccoli

**S**

Lemon Herb Chicken Breast

Vegetarian Entrée



Mediterranean Quinoa

**D**

Tofu & Broccoli

**S**

Lentil Stew with Root Vegetables

Side



Sautéed Spinach

Brown Rice

Steamed Green Beans

Side



Roasted Cauliflower

Steamed Broccoli

Roasted Sweet Potatoes

Soup



Vegetable Noodle

**G**

Miso

**S**

Butternut Squash

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# What's for lunch?



February 27 -  
March 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	Mac and Cheese <small>(G D)</small>	<b>Mardi Gras:</b> Blackened Chicken Drumsticks	Herb Turkey Burgers	<b>Dr. Seuss's Birthday:</b> Green Eggs & Ham <small>(P D E)</small>	Fish Sticks <small>(G D E)</small>
Vegetarian Entrée	Rice Noodles with Chickpeas	Blackened Tofu <small>(S)</small>	Chickpea Burgers <small>(E)</small>	Green Eggs <small>(D E)</small>	Tofu Scramble <small>(S)</small>
Side	Steamed Peas	Carolina Rice	Roasted Carrots	Steamed Broccoli	Steamed Green Beans
Side	Sautéed Spinach	Red Beans	Collard Greens	Roasted Potatoes	Mashed Sweet Potatoes <small>(D)</small>
Soup	Vegetable & Quinoa	Potato & Cheddar <small>(D)</small>	Lentil	Imagination Soup - Pizza Soup!	Chicken Noodle <small>(G)</small>

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