

# Sample Lunch Menu

Monday

Chicken Souvlaki  
Lemon Oregano Rice  
Mediterranean  
Vegetables

VEG

VEGETARIAN

Falafel  
Greek Inspired Pita  
with Toppings

Eggplant Moussaka

Tuesday

Wahu Hamburger  
Steak  
Sticky Rice  
Gai Lan

VEG

VEGETARIAN

Japanese Curry

Korean Vegan  
Japchae Stir Fry

Wednesday

Mongolian Pork Tenderloin  
Garlic & Herb  
Mashed Potatoes  
Vegetable Medley  
with Bok Choy

VEG

VEGETARIAN

Silken Tofu with  
Tsuyu Sauce

Red Thai Vegetable  
Stir Fry

Thursday

Lemon Grilled Salmon  
Dill Boiled Potatoes  
Garden Vegetable Saute

VEG

VEGETARIAN

Maple Mustard  
Tempeh Bowl

Cauliflower Vindaloo

Friday

Irish Lamb Stew  
Garlic Mash  
Brussel Sprouts

VEG

VEGETARIAN

Vegetarian Bean Stew

Sundried Tomato  
Pesto Gnocchi