

# Sample Lunch Menu

Monday

Roast Beef & Gravy  
Mashed Potatoes

Chicken Salad  
Sliders

VEG

VEGETARIAN

Eggplant Parmesan

Tuesday

Korean Braised Chicken  
Calrose Rice  
Stir Fried Vegetables

VEG

VEGETARIAN

Grilled Tofu & Sprouts  
Stir-fried Vegetables  
Glass Noodles

Wednesday

Tortellini Alfredo with  
Chicken on the side  
Broccoli, Cauliflower  
& Carrots

VEG

VEGETARIAN

Broccoli Black Bean  
Crumble Mac & Cheese

Baby Kale  
Caesar Salad

Thursday

Lemon Pepper Sole  
Long Grain Brown Rice  
Mixed Vegetables

VEG

VEGETARIAN

Spinach Paneer  
Naan

Bruschetta

Friday

Meat Balls  
Lentil Penne  
Homemade Marinara  
Steamed Broccoli

VEG

VEGETARIAN

Penne Marinara  
Primavera