

Lunch Includes Appetizer, Main Dish, And Dessert.

Kickstart your meal with vibrant & nutritious starters, bursting with flavor and goodness. Think of a rainbow of colorful vegetables. Three options of healthy protein (one veggie), starchy carbs & hearty legume stews. Then a vibrant fruit medley bursting with a colorful assortment of whole fruits.

MON	TUES	THURS	FRI
4	5	6	7
Chicken Milanese	Chicken Roast	Roast Turkey Breasts	Chicken Cordon Bleu
Slow Cooker Hearty Beef Stew	Fish Meunière	Beef Meatballs	Char Siu BBQ Roast Pork
Chickpea Veggie Burger	Courgette Frittata	Quinoa and Mushrooms Meatballs	Eggplant Parmigiana
11	12	13	14
Crock Pot Chicken	Coriander Jardinera Chicken Rice	Turkey Meatballs	Rotisserie Chicken
Fish & Chips	Crock Pot Eye Round Steak	Pork Roast	Beef Pot Roast
Chickpea Stew	Broccoli Cheese Bake	Garden Vegetable Pie	Cauliflower Bites
18	19	20	21
Crispy Sesame Chicken	Chicken Stir Fry with vegetables.	Garlic Herb Butter Roast Turkey	Teriyaki Chicken
Stroganoff Sirloin	Crispy Mahi Mahi	Boeuf Bourguignon	Herb-Roasted Pork Tenderloin
Vegan Pad Thai	Chickpea Enchiladas	Classic Spanish Omelette	Rice With Asparagus, Toasted Sesame Seeds & Mushrooms
25	26	27	28
Zesty Smoked Chicken	Chicken Casserole	Chicken Alfredo	Marmalade-glazed Roast Turkey & Gravy
Tacos al Pastor	Braised Beef	Italian Pot Roast	Chunky Fish Fingers
Veggie Tacos	Garden Vegetable Pie	Vegan Mushroom Ragú	Vegan Pad Thai