Regular menu

Vegetarian and

Vegan Menu

Gluten Free Menu

Plain Menu Option

Sandwich Option

Soup

Breaded chicken

MONDAY

breast, rice,

lentils, sweet

plantain slices

Broccoli

croquettes, rice,

lentils, sweet

plantain slices

Chicken breast,

rice, lentils, sweet

plantain slices

Minestrone

Week of September 5th - 9th

WEDNESDAY

Chicken or

seafood paella,

broccoli, carrots

Vegetable paella

with organic

protein, broccoli,

carrots

Chicken or

seafood paella,

broccoli, carrots

Grilled chicken with white rice

Chicken Caesar Wrap

Cream of potato

THURSDAY

Chicken or beef

lasagna,

cauliflower, peas

Vegetable

lasagna,

cauliflower, peas

Chicken or beef

GF lasagna,

cauliflower, peas

Broccoli

FRIDAY

Mac and cheese

with chicken

fingers, broccoli

Mac and cheese

with organic

protein, broccoli

GF mac and

cheese with

chicken fingers,

broccoli

Vegetable soup

TUESDAY

Beef tenderloin,

mashed potatoes,

zucchini, corn

Greek salad pita

wrap with tofu,

zucchini, corn

Beef tenderloin,

mashed potatoes,

zucchini, corn

Cream of

pumpkin