



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL DAY	Pastries, Beverages-Hot & Cold, Yogurt, Milk, Whole Fruits, Snacks, Desserts				
BREAKFAST SANDWICH 8:30am – 10:30am	<ul style="list-style-type: none"> Egg and Cheese on Bagel or English Muffin. Add Protein and Lettuce/Tomato Toasted Bagel with Cream Cheese. Add Lettuce/Tomato 				
SOUPS	Split Pea and Roasted pepper Roasted Corn Chowder 	Navy Bean & Garden Vegetable Chicken Noodle 	Wild Mushroom Hearty Beef vegetable 	Brown Lentil & Spinach Tom Yum Chicken 	Spicy Black Bean Potato Leek
DELI SANDWICHES EVERYDAY	Classic Egg Salad / Hummus and Roast Vegetables / Tuna Salad / Roast Turkey and Cheddar Cheese 				
SALADS EVERYDAY	Garden Salad / Crudités / Salad Bowl with Meat or Vegetable Protein				
MEAT ENTRÉE 11:30am – 8:30pm	Beef Lasagna	Chicken Souvlaki Off stick 	Swedish Meatballs in Gravy 	Jerk Chicken 	Fish Bites
VEGETABLE ENTREE	Vegetable Lasagna 	Vegetable & Tofu Souvlaki Off stick 	Plant Based Swedish Meatballs 	West Indian Vegetable Curry with Chickpeas 	Herb & Garlic Mashed Potato
SIDES	Garlic Bread – 2 pcs Balsamic Glazed Zucchini 	Lemon Rice Greek Salad Vegetable Spanakopita 	Herbed pasta Vegetable Medley Garlic Bread 	Rice and Peas Steamed Vegetable Blend Vegetable Jamaican Patty 	Roasted Vegetables Kale Crunch Slaw Tartar Sauce
FEATURE HOT SANDWICH	Chicken Quesadilla 	Meatball Sub 	Southern Chicken 	Beef Burger 	Deluxe Personal Pizza
FEATURE HOT VEGETABLE SANDWICH	Vegetable and Bean Quesadilla 	Vegetable meatball Sub 	Meatless Tenders 	Veggie Burger 	Garden Vegetable Personal Pizza