



Monday 01/07

Tuesday 01/08

Wednesday 01/09

Thursday 01/10

Friday 01/11

Lunch



DAIRY LUNCH
● Winter Vegetable Soup
● Caramelized Onion Soup with Thyme

DAIRY LUNCH
● Classic Cream of Broccoli Soup
● Sweet Butternut Squash & Apple Soup

DAIRY LUNCH
● Creamy Tomato-Basil Soup
● Mushroom-Barley Soup

MEAT LUNCH
● Hearty Vegetarian Posole
● Roasted Chicken Tortilla Soup

MEAT LUNCH
● Chicken Noodle Soup
● Vegan Curried Lentil Soup



● Grain & Chickpea Salad
● Italian Pasta Salad
● Watermelon
● Oranges

● Spiced Vegetable & Quinoa Salad with Lime Dressing
● Dilled Cucumber & Onion Salad
● Grapefruit
● Cantaloupe

● Broccoli Barley Salad
● Marinated Vegetable Salad
● Pineapple
● Watermelon

● Quinoa & Black Bean Salad
● Spinach & Orzo Salad
● Cantaloupe
● Seedless Green Grapes

● Bulgur Wheat & Kale Salad
● Apple, Pineapple & Celery Salad
● Fresh Fruit Salad



● ● ● Dairy Deli Bar
● Creamy Tuna Salad

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● Creamy Tuna Salad

● ● ● Dairy Deli Bar
● Creamy Tuna Salad

● ● ● Meat Deli Bar
● Simple Egg Salad

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● Simple Egg Salad



● Cheese Pizza
● Mixed Vegetable Stromboli
● Steamed Cauliflower with Olive Oil & Thyme
● Simple Steamed Broccoli

● Baked Macaroni & Cheese
● Eggplant Parmesan
● Tofu with Mushrooms & Salted Black Beans
● Garlic-Roasted Carrots
● Crisp Steamed Green Beans

● Whole-Wheat Grilled Cheese
● Tuna Melt on Whole-Wheat
● Vegetarian Nachos Grande
● Sautéed Mushrooms with Garlic & Parsley
● Steamed Zucchini

● Chipotle Fajita Chicken
● Fajita-Style Tofu Strips
● Mexican Rice with Salsa
● Sautéed Onions & Peppers
● Classic Corn

● Homestyle Meatloaf
● Plain Jane Baked Potatoes
● Beef Gravy
● Bow-Tie Pasta Primavera
● Roasted Beets & Carrots
● Steamed Peas



● ● ● Taco Toppings Bar

● ● ● Baked Potato Bar



● Lemon Chiffon Cake

● Best-Ever Chocolate Chip Blondies

