

LUNCH MENU WEEK 1

Vegetarian Options

MONDAY

**CHICKPEAS WITH TOMATO, ARTICHOKE
AND FETA**
ORZO WITH MIXED VEGETABLES
**SAUTÉED SPINACH WITH GARLIC AND
LEMON**

TUESDAY

TOMATO BASIL QUINOA
ROASTED VEGGIE MEDLEY
PASTA

WEDNESDAY

TOMATO OREGANO TOFU (BAKED)
**SPINACH SALAD WITH GRAPES AND GOAT
CHEESE**
ROASTED CURRIED CAULIFLOWER

THURSDAY

WHITE BEAN AND RABE SAUTE
PARMESAN ROASTED ZUCCHINI
MARINATED TEMPEH

FRIDAY

**WHEATBERRY SALAD WITH DRIED
CRANBERRIES AND ORANGE**
GENERALS TSO TOFU
STEAMED GREEN BEANS

Main Line Options

MONDAY

SLOPPY JOES
GREEN BEANS
PASTA WITH 2 SAUCES

TUESDAY

CHICKEN FINGERS
ASSORTED SAUCES
BAKED POTATO WEDGES
CARROTS

WEDNESDAY

FRENCH DIP SANDWICHES
FRIED SWEET POTATOES
SUMMER SQUASH

THURSDAY

HOT DOGS
BAKED BEANS
PASTA SALAD
STEAMED BROCCOLI

FRIDAY

MACARONI AND CHEESE
FISHCAKES
**ROASTED ZUCCHINI AND YELLOW
SQUASH**