

LUNCH MENU

WEEK 2

Vegetarian Options

MONDAY

**SPANISH RICE WITH MARINATED TOFU
ZUCCHINI AND YELLOW SQUASH
ROASTED GRAPE TOMATOES**

TUESDAY

**RED BEANS AND BROWN RICE
CURRIED CAULIFLOWER, POTATO AND
PEAS
SAUTEED MUSHROOMS**

WEDNESDAY

**QUINOA WITH SPINACH AND LEMONS
ROASTED BUTTERNUT SQUASH
MUSHROOM BARLEY**

THURSDAY

PIZZA LUNCH

FRIDAY

**LENTILS AND GRAPE TOMATOES
ROASTED CAULIFLOWER
BROWN RICE**

Main Line Options

MONDAY

**CHICKEN CAESAR WRAPS
SWEET POTATO FRIES
PASTA WITH MARINARA AND GARLIC
CHEESE SAUCE**

TUESDAY

**STEAK AND CHEESE SUBS
CARM ONIONS AND PEPPERS
ROASTED POTATO WEDGIES
BROCCOLI
PASTA BAR**

WEDNESDAY

**CHICKEN, BROCCOLI, AND ZITI **WHOLE
WHEAT PASTA**
ROASTED VEGETABLE MEDLEY**

THURSDAY

PIZZA LUNCH

FRIDAY

**GENERALS TSO CHICKEN
VEGETABLE FRIED RICE
STEAMED BROCCOLI**