

**LUNCH MENU  
WEEK 3**

**Vegetarian Options**

**MONDAY  
SOUP**

**SWEET AND SOUR TOFU  
CITRUS RICE**

**TUESDAY  
SOUP**

**CURRIED QUINOA  
TOMATO & CUCUMBER SALAD  
ROASTED SUMMER SQUASH**

**WEDNESDAY  
SOUP**

**SESAME TOFU AND BROCCOLI  
ASIAN STYLE WHEAT BERRIES  
PASTA BAR**

**THURSDAY**

**VEGGIE BURGER  
BBQ TOFU  
ROASTED CAULIFLOWER**

**FRIDAY**

**BUFFALO TOFU  
STEAMED GREEN BEANS  
ROASTED VEGETABLES WITH EDAMAME**

**Main Line Options**

**MONDAY  
SOUP**

**AMERICAN CHOP SUEY  
STEAMED BROCCOLI  
PASTA WITH MARINARA  
ITALIAN BREAD**

**TUESDAY**

**CHICKEN CACCIATORE  
EGG NOODLES  
GREEN BEANS**

**WEDNESDAY**

**TURKEY PASTRAMI AND CHEESE  
SANDWICHES  
STEAMED SNOW PEAS  
POTATO SALAD**

**THURSDAY**

**HAMBURGERS  
FRENCH FRIES  
TOPPINGS  
COLESLAW**

**FRIDAY**

**CHICKEN PARM SANDWICHES  
BROCCOLI  
PASTA BAR**