

**LUNCH MENU
WEEK 4**

Vegetarian Options

MONDAY

**CHICKPEA AND ROASTED VEGGIE SALAD
STIR FRIED VEGGIES
JASMINE RICE**

TUESDAY

**VEGETABLE SANDWICHES
SWEET POTATO SALAD
CITRUS MARINATED TOFU**

WEDNESDAY

**VEGETARIAN MEATBALLS
ROASTED CAULIFLOWER
BROWN RICE**

THURSDAY

**SAUTÉED MARINATED TOFU
STEAMED SNAP PEAS
RICE AND RED BEANS**

FRIDAY

PIZZA DAY

Main Line Options

MONDAY

**ITALIAN SAUSAGE AND PEPPERS
GARLICKY GREEN BEANS
TORTELLINI WITH PESTO
TOMATO BRAISED POTATOES**

TUESDAY

**ITALIAN SUBS
POTATO CHIPS
BALSAMIC MARINATED TOMATOES
PASTA MARINARA**

WEDNESDAY

**PASTA WITH MEATBALLS AND MARINARA
BROCCOLI
ITALIAN BREAD**

THURSDAY

**RST CHICKEN BREAST
WITH BASIL AND FRESH MOZZ ON
FOCCACIA
STEAMED CARROTS W/ GINGER**

FRIDAY

PIZZA DAY