



PLATE

MON

Breakfast **Special Scramble** Local Cage-Free Eggs scrambled with Ham, Cheddar and Green Onion

Lunch **Chicken & Veggie Stew** with Rice and Garlic Sautéed Chard

Mushroom & Veggie Pot Pie (v) Sun-Dried Tomato White Beans (vg) with White or Brown Rice

Rosemary Tomato and White Beans (vg) with Rice

Dinner **Beef Meatloaf** with Gravy, Yukon Mashers and Broccoli

Baked Macaroni & Cheese (v) with Cauliflower and Broccoli

Rosemary Tomato and White Beans (vg) with Rice

TUES

TACO
TUESDAY

Breakfast **French Toast** with Maple Syrup

Lunch & Dinner **Build Your Own Taco, Burrito, Bowl or Salad**

Choice of Beef, Pork, or Chicken (Halal), Black Beans, Pinto Beans, Smoked Tomato Rice, Fajita Veggies, Chipotle Cream, Cilantro Rice, Cheeses, Assorted Salsas, Guacamole, Veggies

WEDS

Breakfast **Spanish Scramble** with Chorizo, Pico de Gallo and Cheese

Lunch **Chicken & Veggie Stew** with Rice and Garlic Sautéed Chard

Mushroom & Veggie Pot Pie (v) Sun-Dried Tomato White Beans (vg) with White or Brown Rice

Rosemary Tomato and White Beans (vg) with Rice

Dinner Closed

THUR

Breakfast Closed

Lunch Closed

Dinner Closed

FRI

Breakfast Closed

Lunch Closed

MARKET

Meatball Hero with Marinara and Provolone

NOODLE

Lunch Make Your Own Pasta

Daily Choice of:

Pasta: Penne, Whole Wheat or Gluten Free

Protein: Beef & Pork Meatballs, Pork Italian Sausage, Grilled Chicken, Seasonal

Topping: Vegetable, Basil Pesto, Marinara & Alfredo

Pan Asian

Broccoli & Beef (Halal)

Lunch **Chicken Chow Mein (Halal)**

Veggie Chow Mein (v)

Sweet & Sour Pork with Rice-

Dinner **Chicken Chow Mein (Halal)**

Veggie Chow Mein (v)

DUB STREET

Mac & Cheeseburger All-Beef Patty with American Cheese, Dub Sauce

Fry Special Sidewinders

SELECT

Bowl – Choice Of: Pork Verde, Chicken Tinga (**Halal**), Black Beans, Brown Rice, White Rice, Quinoa Salad, Corn Salsa, Lime Slaw, Mixed Greens

Soup Tomato Basil (vg) and Du Jour
