

# LUNCH OF THE WEEK

## Soups

## The Kitchen

## The Sprout

## The Grill

## Al Forno

**MON**

Chicken Rice Soup  
Bean and Potato Soup

Kung Pao Chicken  
Cantonese Noodles  
Bean Sprout

Plant Based Salisbury  
Steak with Mushroom  
Gravy  
Cauliflowers and Peas

Filet o' Fish on a Bun  
Baked Potato Wedges

Turkey Pepperoni Pizza  
Four Cheese Pizza  
Philly Cheese Steak  
Pizza  
Tuscan Pizza

**TUES**

Hamburger Soup  
Harvest Squash Soup

Burek Meat Pie  
Roasted Butternut  
Squash  
Steamed Vegetable  
Medley

Cauliflower Tacos  
Avocado

Veggie Burger Deluxe  
on Poppyseed Bun  
Spicy Curly Fries

Turkey Pepperoni Pizza  
Four Cheese Pizza  
Hamburger Pizza  
Broccoli and Cheddar  
Pizza

**WED**

Chicken Mulligatawny  
Soup  
Roasted Red Pepper  
Bisque

Jerk Pork  
Rice & Peas  
Traditional Coleslaw

Tuscan Herbed Tofu  
Lasagna  
Wilted Spinach

Turkey BLT Wrap  
Onion Rings

Turkey Pepperoni Pizza  
Four Cheese Pizza  
Pesto Chicken Pizza  
Mushroom and Onion  
Caramelized Pizza

**THUR**

Beef Mushroom Soup  
with Parsnips  
Pasta Beans Soup

Chicken Chow Mein  
Sauteed Vegetables

Jerk Spiced Bean  
Tacos  
Mango Salsa

Tex Mex Salsa Burger  
Sweet Potato Fries

Turkey Pepperoni Pizza  
Four Cheese Pizza  
Philly Cheese Steak  
Pizza  
Tuscan Pizza

**FRI**

Fish Chowder  
Roasted Potato Soup

Battered & Fried Pollock  
French Fries  
Coleslaw  
Tartar Sauce

Tofu Bourguignonne  
White Rice

Gourmet Grilled  
Cheese with  
Mozzarella & Pesto  
French Fries

Turkey Pepperoni Pizza  
Four Cheese Pizza  
Meat Lover's Pizza  
Tropical Pizza

**SAT**

Turkey Lentil Soup  
Sweet Potato and  
Coconut Soup

Chicken Bowl  
Cantonese Fried Rice  
Asian Cashew Slaw

Moroccan Bean &  
Pepper Stew

Spicy Beef  
Jamaican Patty

Turkey Pepperoni Pizza  
Four Cheese Pizza  
Italian Sausage Pizza  
Roasted Vegetable  
Pizza

**SUN**

Italian Wedding Soup  
White Bean & Swiss  
Chard Soup

Sauteed Pierogi Bow

Vegan Mac & Cheese

Chicken Fingers  
with Dipping Sauce

Turkey Pepperoni Pizza  
Four Cheese Pizza  
BBQ Pulled Pork Pizza  
Mediterranean Greek  
Pizza

# DINNER OF THE WEEK

## Soups

## The Kitchen

## The Sprout

## The Grill

## Al Dente

**MON**

Chicken Rice Soup  
Bean and Potato Soup

Slow Roasted Bone-  
In Ham  
Scalloped Potatoes  
Broccoli

Golden Chickpea Curry  
Yellow Basmati Rice

Filet o' Fish on a Bun  
Baked Potato Wedges

Beef (or vegan Beef)  
pasta  
Tomato/Pesto Cream  
Garlic Bread

**TUES**

Hamburger Soup  
Harvest Squash Soup

Jollof Marinated  
Chicken  
Ethiopian Cabbage &  
Potatoes  
Green Peas

Moussaka with  
Tomato Ragout

Veggie Burger Deluxe  
on Poppysseed Bun  
Spicy Curly Fries

Italian Sausage (or  
vegan chicken) pasta  
Tomato/Alfredo  
Garlic Bread

**WED**

Chicken Mulligatawny  
Soup  
Roasted Red Pepper  
Bisque

Beef Vegetable Stew  
Tea Biscuit

Peruvian Burrito

Turkey BLT Wrap  
Onion Rings

Shrimp (or vegan beef)  
pasta  
Tomato/Pesto Cream  
Garlic Bread

**THUR**

Beef Mushroom Soup  
with Parsnips  
Pasta Beans Soup

Salmon Wellington  
Seven Grain &  
Mushroom Pilaf  
Carrots with Garlic &  
Rosemary

Cottage Pie

Tex Mex Salsa Burget  
Sweet Potato Fries

Chicken (or plant based  
chicken) pasta  
Tomato/Alfredo  
Garlic Bread

**FRI**

Fish Chowder  
Roasted Potato Soup

Korean BBQ Chicken  
Pa Jun Scallion  
Pancakes  
Braised Bok Choy with  
Sesame Seeds

Vegetable Lo Mein  
Edamame

Gourmet Grilled  
Cheese with  
Mozzarella & Pesto  
French Fries

Spinach Ravioli with  
Tomato Sauce  
Garlic Bread

**SAT**

Turkey Lentil Soup  
Sweet Potato and  
Coconut Soup

Pork Side Ribs  
Grilled Potato Salad  
Spicy Sauteed Corn

Pesto Cauliflower  
Steak  
Baked Potatoes

Spicy Beef  
Jamaican Patty

Beef Tortellini with  
Alfredo Sauce  
Garlic Bread

**SUN**

Italian Wedding Soup  
White Bean & Swiss  
Chard Soup

Cuban Stuffed Peppers  
Spanish Rice  
Ceasar Salad

Chili Lime & Tofu  
Poke Bowl

Chicken Fingers  
with Dipping Sauce

Chicken (or plant based  
chicken) pasta  
Tomato/Alfredo  
Garlic Bread