



| Lunch                                  | Soup                                                                                                                                                                                                 | Entrée                                                                                                          | Dessert                             |
|----------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-------------------------------------|
| <b>Week: 9/20-9/26 Open 11AM - 2PM</b> |                                                                                                                                                                                                      |                                                                                                                 |                                     |
| <b>Sunday</b>                          | Chef's Choice                                                                                                                                                                                        | Bay Shrimp Melt                                                                                                 | Chef's Choice                       |
| <b>Monday</b>                          | German Sausage & Barley ~<br>Autumn Vegetable & Quinoa                                                                                                                                               | Classic Beef Sliders ~ Beet & Goat Cheese Sliders                                                               | Buttermilk Blueberry<br>Muffins     |
| <b>Tuesday</b>                         | Spanish Chicken & Rice ~<br>Tuscan Vegetable                                                                                                                                                         | Chipotle Chicken Quesadilla ~ Vegan Cumin Roasted Squash<br>Quesadilla                                          | Ginger Molasses<br>Sandwich Cookies |
| <b>Wednesday</b>                       | Bean & Bacon ~ Cabbage<br>& Apple                                                                                                                                                                    | Baked Penne w/ Ground Beef ~ Vegan Baked Penne w/<br>Impossible Beef                                            | Pumpkin Vanilla Swirl Loaf<br>Cake  |
| <b>Thursday</b>                        | Polenta, Kale & Italian<br>Sausage ~ Spiced Carrot &<br>Tahini                                                                                                                                       | Loaded Baked Potato w. Four Bean Chili, Cheddar Cheese, Chives<br>& Sour Cream (Vegan Cheddar Cheese Available) | Truffle Brownie Bars                |
| <b>Friday</b>                          | Manhattan Clam Chowder ~<br>Roasted Red Pepper & Corn                                                                                                                                                | Chinese Chicken Salad ~ Chinese Baked Tofu Salad                                                                | Oatmeal Raisin                      |
| <b>Saturday</b>                        | Minestrone ~ Tomato<br>Florentine                                                                                                                                                                    | Chicken Shawarma ~ Vegetarian Shawarma (both served with Pita,<br>Tzatziki & Tomato<br>Cucumber Relish)         | Oatmeal Raisin                      |
| <b>Salads and Soups</b>                | <ul style="list-style-type: none"> <li>• Garden • Caesar • Crunchy • Cottage Cheese • Fruit •</li> <li>• Tomato or Chicken Noodle Soup •</li> </ul>                                                  |                                                                                                                 |                                     |
| <b>Sandwiches</b>                      | <ul style="list-style-type: none"> <li>• PB Sandwich • Tuna Salad • Egg Salad • Turkey Sandwich • Ham Sandwich • Grilled Cheese •</li> <li>Reuben • Hamburger • Hot Dog • Veggie Burger •</li> </ul> |                                                                                                                 |                                     |
| <b>Alt Dessert</b>                     | <ul style="list-style-type: none"> <li>•Ice Cream • Sugar Free Ice Cream • Sorbet • Sugar Free Dessert • Gelatin • Sugar Free Gelatin•</li> </ul>                                                    |                                                                                                                 |                                     |