

WEEK OF: Sept 15-19, Oct 6-10, Oct 27- 31

		Monday		Tuesday		Wednesday		Thursday		Friday	
Lunch - WEEK 3	Featuring:					Classic Comfort				Fun Day Friday	
	Main		Piri Piri Chicken, Roasted Potatoes and Mixed Green, Cucumber Capers and Smoked Paprika Croutons Salad		Beef Lasagna and Panko Crusted Cauliflower		Seasoned Pork Roast with Garlic Mashed Potato and Honey, Rosemary Roasted Carrots		Chicken and Egg Fried Rice with Roasted Broccoli and Peppers		Hand Stretched Hawaiian Pizza and Sweet Chili Broccoli
	Veggie Option		Vegan Bacalhau		Grilled Vegetable Lasagna		Mushrooms, Cheese, Beans Strudel		Tofu and Vegetables Fried Rice		Mushroom, Tomato, Peppers, Olives and Cheese Pizza
	Fun Addition		Arroz Doce (Portuguese rice pudding)		Garlic Knot		Greek Pita with Tzatziki Sauce		Fortune Cookies		4 Cheese Pizza
	Sandwich		Egg Salad Sandwich on Multigrain		Chicken Caesar Wrap		Greek Turkey Sourdough Panini		Grilled Korean Steak Sandwich With Pickled Carrots and Gochujang Mayo		Greek Falafel Wrap
	Salad	Plant Forward Creations Composed Daily									
			Portuguese Tuna, Potato and Chickpea Salad		Quinoa Tabouleh		Greek Salad		Rice Noodle, Peppers Chilies and Cilantro Pancit		Whole Wheat Linguine Pesto Salad
	Soup	Hand Crafted One Meat One Vegetarian, From Scratch, Every Day									

*Allergen Note: We are a peanut and nut aware kitchen. Please speak directly to our trained Manager/Chef in regards to any special food considerations and Allergies.
"No Gluten" items may come in cross-contamination with wheat during preparation.