

# Weekly Lunch Menu

11/21 - 11/25/2011

## MONDAY

- Curried Chicken with Artichoke & Asparagus Soup
- Broccoli Cheese Soup - V
- Chef's Salad
- Chicken & Orzo Salad
- Mediterranean Couscous Salad
- Honeydew
- Peaches
- Corned Beef
- Egg Salad
- Swiss Cheese
- Edamame Hummus
- BBQ Chicken Wings
- Buffalo Wings
- Portabella Mushroom Sandwich - V -
- Baked Macaroni & Cheese
- Steamed Cauliflower
- Sautéed Broccoli & Mushrooms
- Marinara Sauce
- Alfredo Sauce
- Pasta
- Garlic Bread
- Vanilla Yogurt
- Frozen Yogurt
- Skim Milk
- Spa Water
- Unsweetened Ice Tea
- 2% Milk
- 100% Fruit Juice

## TUESDAY

- Ham & Bean Soup
- Chino Carrot & Ginger Soup - V
- Fit For Life Salad
- Creamy Horseradish Coleslaw
- Quinoa Black Bean Salad
- Watermelon
- Cantaloupe
- Capicola
- Provolone Cheese
- Hummus
- General Tso's Chicken
- Vegetable Egg Roll - V -
- Steamed Snap Peas
- Ginger Carrot Coins
- Steamed White Rice
- Marinara Sauce
- Meat Sauce
- Garlic Bread
- Pasta
- Vanilla Yogurt
- Frozen Yogurt
- Fresh-Baked Cookies
- Skim Milk
- Spa Water
- Unsweetened Ice Tea
- 2% Milk
- 100% Fruit Juice
- Chocolate Milk
- Fruit Drink

## WEDNESDAY

- Tuscan Potato Sausage Soup
- Roasted Eggplant & Tomato Soup - V
- Tabbouleh
- Georgia Peach Salad
- Moroccan Lentil Salad
- Grapes
- Pineapple
- Genoa Salami
- Spicy Olive Spread
- Fusion Hummus
- House-Made Chicken Fingers
- Roasted Vegetable & Feta Pita - V -
- Scalloped Potatoes
- Sautéed Zucchini
- Steamed Lima Beans
- Marinara Sauce
- Alfredo Sauce
- Pasta
- Garlic Bread
- Vanilla Yogurt
- Frozen Yogurt
- Skim Milk
- Spa Water
- Unsweetened Ice Tea
- 2% Milk
- 100% Fruit Juice
- Chocolate Milk
- Fruit Drink

## THURSDAY

- Mexican Beef Stew
- Mexican Black Bean Soup - V
- Black Bean & Sweet Corn Salad
- Chicken Nicoise Salad
- Vegetable Barley Salad
- Oranges
- Mango
- House-Roasted Beef
- Herbed Goat Cheese Spread
- House-made Hummus
- Hard & Soft Beef Taco
- Southwest Black Bean Tomato Wrap - V -
- Cilantro Lime Brown Rice
- Fiesta Corn
- Seasoned Pinto Beans
- Steamed Broccoli
- Tex Mex Condiment Bar
- Marinara Sauce
- Meat Sauce
- Pasta
- Garlic Bread
- Vanilla Yogurt
- Frozen Yogurt
- Cheesecake Bars
- Skim Milk
- Spa Water
- Unsweetened Ice Tea
- 2% Milk
- 100% Fruit Juice

## FRIDAY

- Chicken Noodle Soup
- Barley & Lentil Soup - V
- Oriental Spinach Salad
- Indian Chickpea Salad
- Edamame & Brown Rice Salad (Whole Grain)
- Watermelon
- Honeydew
- Pastrami
- Black Bean Hummus
- Popcorn Shrimp
- Couscous with Roasted Vegetables
- Stuffed Shells-V
- Seasoned Steamed Peas
- Sautéed Sicilian Vegetables
- Marinara Sauce
- Alfredo Sauce
- Garlic Bread
- Pasta
- Vanilla Yogurt
- Frozen Yogurt
- Skim Milk
- Spa Water
- Unsweetened Ice Tea
- 2% Milk
- 100% Fruit Juice
- Chocolate Milk
- Fruit Drink

