

# Weekly Lunch Menu

10/03 - 10/07/2011

## MONDAY

- French Onion Soup
- Mushroom Soup
- Wheat Berry Salad with Dried Cranberries & Feta
- Buffalo Chicken Salad
- Corned Beef
- Egg Salad
- Hot Dog
- Waffle Fries
- Steamed Fresh Green Beans
- Sautéed Vegetable Medley
- Spicy Tofu with Broccoli & Basil
- Hot Dog Topping Bar
- Marinara Sauce
- Alfredo Sauce
- Pasta
- Garlic Bread
- Peaches
- Honeydew
- Vanilla Yogurt
- Frozen Yogurt
- Skim Milk
- Spa Water
- Unsweetened Ice Tea
- 2% Milk
- 100% Fruit Juice
- Chocolate Milk
- Fruit Drink

## TUESDAY

- Vegetarian Chili
- Manhattan Clam Chowder
- Broccoli, Cauliflower, Cheddar & Bacon Salad
- Butternut Squash & Spinach Salad
- Honey Ham
- Hummus
- Yankee Pot Roast
- Spicy Teriyaki Tofu
- Spicy Teriyaki Sauce
- Roasted Red Potatoes
- Roasted Brussels Sprouts
- Steamed Baby Carrots
- Burger Seasonings Bar
- Meat Sauce
- Marinara Sauce
- Garlic Bread
- Pasta
- Cantaloupe
- Watermelon
- Vanilla Yogurt
- Frozen Yogurt
- Fresh-Baked Cookies
- Skim Milk
- Spa Water
- Unsweetened Ice Tea
- 2% Milk
- 100% Fruit Juice
- Chocolate Milk

## WEDNESDAY

- Chili Con Carne
- Tomato Bisque
- Indian Chickpea Salad
- Mango Crunch Salad
- Genoa Salami
- Spicy Olive Spread
- Sloppy Joes
- Steamed Vegetables with Roasted Chickpeas
- Baked Sweet Potato
- "Creamed" Spinach
- Sautéed Swiss Chard & Caramelized Fennel
- Marinara Sauce
- Alfredo Sauce
- Pasta
- Garlic Bread
- Grapes
- Pineapples
- Vanilla Yogurt
- Frozen Yogurt
- Skim Milk
- Spa Water
- Unsweetened Ice Tea
- 2% Milk
- 100% Fruit Juice
- Chocolate Milk
- Fruit Drink

## THURSDAY

- Carrot Soup
- Chicken Noodle Soup
- Mediterranean Barley Salad
- Mediterranean Quinoa Salad
- House-Roasted Beef
- Herbed Goat Cheese Spread
- Chicken Fajitas
- Spanish Rice
- Balsamic Roasted Vegetable Pasta
- Steamed Asparagus
- Roasted Winter Root Vegetables
- Fajita Bar
- Marinara Sauce
- Meat Sauce
- Pasta
- Garlic Bread
- Oranges
- Peaches
- Vanilla Yogurt
- Frozen Yogurt
- Easy Congo Bars
- Skim Milk
- Spa Water
- Unsweetened Ice Tea
- 2% Milk
- 100% Fruit Juice
- Chocolate Milk
- Fruit Drink

## FRIDAY

- Corn Chowder
- Minestrone Soup
- Quinoa Salad with Orange-Cumin Vinaigrette
- Oriental Spinach Salad
- Pastrami
- Black Bean Hummus
- Pepperoni Pizza
- Cheese Pizza
- Vegetable Lovers Pizza
- Gnocchi Pasta with Gorgonzola Cheese & Mustard Greens
- Steamed Array of Vegetables
- Corn
- Marinara Sauce
- Alfredo Sauce
- Garlic Bread
- Pasta
- Watermelon
- Honeydew
- Vanilla Yogurt
- Frozen Yogurt
- Skim Milk
- Spa Water
- Unsweetened Ice Tea
- 2% Milk
- 100% Fruit Juice
- Chocolate Milk
- Fruit Drink