LUNCH

	9/11 MONDAY	9/12 TUESDAY	9/13 WEDNESDAY	9/14 THURSDAY	9/15 FRIDAY	9/16 SATURDAY	9/17 SUNDAY
SOUP	CHICKEN NOODLE	CHICKEN CORN CHOWDER (MWOG)	BEEF VEGETABLE (MWOG)	HUNGARIAN GOULASH (MWOG)	NEW ENGLAND CLAM CHOWDER	OATMEAL (MWOG/VEGAN)	OATMEAL (MWOG/VEGAN)
SOUP, VEG, MWOG	THREE BEAN CHILI (MWOG)	BARLEY VEGETABLE (VEGETARIAN)	CHEDDAR CAULIFLOWER (VEGETARIAN)	ROASTED CORN CHOWDER	BUTTERNUT BISQUE (MWOG)	CREAM OF SPINACH (MWOG)	SPLIT PEA (MWOG)
COMFORT	PINEAPPLE CHIPOTLE 10 VEGGIE BURGER (VEGAN) SWEET POTATO FRIES (VEGAN)	GUACAMOLE VEGETABLE CIABATTA SANDWICH (VEGAN) CUCUMBER TOMATO SALAD (MWOG/VEGAN)	CHICKEN CRANBERRY WRAP ONION RINGS (VEGETARIAN)	PORTOBELLO AND PESTO BAGUETTE (VEGETARIAN) FRENCH FRIES (VEGAN)	TRICKED OUT CHICKEN SANDWICH GRILLED TRICKED OUT CHICKEN SANDWICH (MWOG) VEGAN TRICKED OUT CHICKEN SANDWICH (VEGAN)	OMELET BAR	OMELET BAR
GRILL	CHICKEN THAI CURRY SAUTE (VEGAN) BASMATI RICE (MWOG/VEGAN) YUM TANG GWA (VEGETARIAN) CAESAR SALAD (VEGETARIAN)	APPLE CHEDDAR TURKEY BURGER BAKED MAC AND CHEESE (VEGETARIAN) MWOG MAC AND CHEESE (MWOG/VEGETARIAN)	CHEESE QUESADILLA (VEGETARIAN) VEGGIE QUESADILLA (VEGETARIAN) MWOG VEGAN VEGGIE QUESADILLA (MWOG/VEGAN) TORTILLA CHIPS SALSA AND QUESADILLA TOPPINGS	VT BEEF BURGERS AND VEGAN BEET BURGERS BURGER TOPPINGS	GRILLED VEGETABLE HUMMUS WRAP (VEGETARIAN) LENTIL BEAN SALAD (MWOG/VEGETARIAN) STEAMED VEGETABLE BLEND (MWOG/VEGAN) TRICKED OUT CHICKEN TOPPINGS	SCRAMBLED EGGS BACON VEGAN SAUSAGE PATTIES WAFFLE BAR	SCRAMBLED EGGS SAUSAGE LINKS VEGAN SAUSAGE PATTIES WAFFLE BAR
ACTION STATION	ITALIAN SAUSAGE AND PEPPER SUB BALSAMIC GLAZED CARROTS (MWOG)	RAMEN BOWL	VIETNAMESE PORK NOODLE SALAD BOWL (MWOG)	HARVEST CHICKEN GRAIN BOWL	BEEF YAKISOBA BOWL		
GLUTEN SOLUTIONS	GRILLED VEGETABLE PANINI (MWOG/VEGETARIAN) ROASTED GARLIC POTATOES (MWOG)	BACON MUSHROOM SPINACH SALAD (MWOG)	CHICKPEA PANCHAMEL (MWOG/VEGAN) BASMATI RICE (MWOG/VEGAN) BROWN LENTIL DAL (MWOG/VEGAN)	FRUIT AND SEED SALAD PLATE (MWOG/VEGAN)	TURKEY BACON RANCH WRAP (MWOG)	TOFU POTATO HASH (MWOG/VEGAN) SPICED QUINOA (MWOG/VEGAN) STEAMED VEGETABLES (MWOG/VEGAN)	BAKED HAM (MWOG) STEAMED VEGGIES (MWOG/VEGAN)

MADE WITHOUT GLUTEN (MWOG) VEGETARIAN (VEG) VEGAN (V)

DINNER	9/11 MONDAY	9/12 TUESDAY	9/13 WEDNESDAY	9/14 THURSDAY	9/15 FRIDAY	9/16 SATURDAY	9/17 SUNDAY
SOUP	CHICKEN NOODLE	CHICKEN CORN CHOWDER (MWOG)	BEEF VEGETABLE (MWOG)	HUNGARIAN GOULASH (MWOG)	NEW ENGLAND CLAM CHOWDER		
SOUP, VEG, MWOG	THREE BEAN CHILI (MWOG)	BARLEY VEGETABLE (VEG)	CHEDDAR CAULIFLOWER (VEG)	ROASTED CORN CHOWDER	BUTTERNUT BISQUE (MWOG)	CREAM OF SPINACH (MWOG)	SPLIT PEA (MWOG)
COMFORT	BUTTER CHICKEN (MWOG) JASMINE RICE (MWOG/VEGAN) KACHUMBER SALAD (MWOG/VEGAN)	PORK SHOGAYAKI (MWOG) JASMINE RICE (MWOG/VEGAN) SESAME SPINACH (MWOG/VEGAN)	ROTISSERIE CHICKEN (MWOG) MASHED POTATOES (MWOG/VEGAN) SEASONED CORN (MWOG/VEGAN)	POACHED SALMON WITH ROASTED BUTTERNUT SQUASH AND KALE CHIMICHURRI (MWOG)	BAKED THREE CHEESE PENNI (VEGETARIAN) GARLIC BREAD (VEG)	ROAST BEEF (MWOG) ROASTED SWEET POTATOES (MWOG/VEGAN) ROASTED CAULIFLOWER (MWOG/VEGAN)	GENERAL TSO CHICKEN (MWOG) SESAME SPINACH (MWOG/VEGAN) JASMINE RICE (MWOG/VEGAN)
GRILL	CAVATAPPI CON LE ZUCCHINE (VEGETARIAN) GARLIC ROASTED BROCCOLI (MWOG/VEGAN) GARLIC BREAD (VEG)	ASSORTED PIZZA INCLUDING VEGAN AND MWOG	THAI SWEET CHILI TOFU, PINEAPPLE, AND VEGETABLE SAUTE (MWOG/VEGAN) JASMINE RICE (MWOG/VEGAN) GARLIC EGGPLANT (MWOG/VEGAN)	FAJITAS REFRIED BEANS (MWOG/VEGAN) VEGAN CHILI CON CARNE (VEGAN)	VIETNAMESE PORK CHOPS (MWOG) FRIED RICE (MWOG) SWEET SOY GREEN BEANS (MWOG/VEGAN)	SOUTHWEST QUINOA CAKE (VEGAN) SPANSIH RICE (MWOG/VEGAN) CHILE GREEN BEANS (MWOG/VEGAN)	MEDITERRANEAN BAKED COD VEGETABLE AND OLIVE SAUTE ATOP ORZO PASTA WITH CUCUMBER RELISH
ACTION STATION	NAM TOK PORK RICE BOWL (MWOG)	CURRIED PUMPKIN AND GARDEN VEGETABLE BOWL (MWOG/VEGAN)	SHRIMP SCAMPI LINGUINI GRILLED GARLIC BREAD	SZECHUAN RICE NOODLES WITH SAUTEED GINGER TOFU (MWOG/VEGAN)	BLT&BLUE TOPPED HUMMUS PLATE WITH PITA (VEG)		
GLUTEN SOLUTIONS	WINTER SQUASH AND BLACK BEAN CHILI BOWL WITH TORTILLA STRAWS (MWOG/VEGAN)	MOROCCAN VEGETABLE STEW WITH QUINOA (MWOG/VEGAN)	VEGAN CHICKEN TAGINE (MWOG/VEGAN) BROWN RICE (MWOG/VEGAN) LENTILS (MWOG/VEGAN)	THAI CURRY COCONUT VEGETABLES (MWOG/VEGAN) JASMINE RICE (MWOG/VEGAN)	BBQ BAKED TOFU (MWOG/VEGAN) BAKED BEANS (MWOG/VEGAN) CORN ON THE COB (MWOG/VEG)	CHICKEN VINDALOO (MWOG) CHANNA MASALA (MWOG/VEG) BASMATI RICE (MWOG/VEGAN)	SWEET AND SOUR TOFU WITH STIR FRIED VEGETABLES (MWOG/VEGAN) SESAME FRIED BEANS (MWOG/VEGAN)

MADE WITHOUT GLUTEN (MWOG) VEGETARIAN (VEG) VEGAN (V)