

SAMPLE LUNCH MENU - WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN ENTRÉE	Grilled Chicken Ciabatta with Lettuce & Tomato 🌿🥚	Tex Mex Quinoa Bowl with Roasted Chicken, Black Beans, Corn & Tomatoes	Turkey Taco Salad with Pico de Gallo & Shredded Cheese 🥚	TBLT with Turkey Bacon on a Wrap 🌿🥚	Chicken with Nut Free Pesto Sandwich on Ciabatta 🌿🥚🥚
VEGETARIAN ENTRÉE	Crispy Plant Based Nugget Sandwich 🌿🥚	✔️ Farro Tabbouleh Salad 🌿	✔️ Vegetarian Taco Salad with Black Beans, Pico de Gallo & Shredded Cheese 🥚	✔️ Chickpea Caesar Wrap 🌿🥚🥚🥚	Caprese Ciabatta with Pesto (nut-free pesto) 🌿🥚🥚
ALLERGEN FREE ENTRÉE	✔️ Gluten Free & Dairy Free Cheese Quesadillas	✔️ Mixed Grain Bowl with Mushrooms & Lentils	✔️ Vegan Taco Salad with Black Beans, Corn & Pico de Gallo	✔️ Sesame-Free Hummus & Rainbow Veggie Wrap (gluten free wrap) 🥚🥚	✔️ Gluten Free & Dairy Free Grilled Cheese
SIDES	Crudités + Chips + Fresh Fruit	Chips + Fresh Fruit	Chips + Fresh Fruit	Crudités + Chips + Fresh Fruit	Crudités + Chips + Fresh Fruit
SOUP					✔️ Tomato

🌿 Vegetarian ✔️ Vegan 🌿 Gluten 🥚 Chickpea 🥚 Egg 🐟 Fish 🥚 Soy 🥚 Dairy

non-vegetarian