## Monday

### LUNCH
- **Chicken Caesar Salad**
- **Smoked Paprika Quinoa with spinach & garbanzo V**
- **Grilled Zucchini Caprese Sandwich**
- **Vegan Hummus ∆V**
- **Tossed Mixed Salad ∆V**
- **Fresh Baked Cookies**

### DINNER
- **Jerk Chicken V**
- **Fried Plantains**
- **Jollof Rice**
- **Cabbage & Carrots**
- **Grilled Chicken Breast Δ**
- **Tossed Mixed Salad ΔV**
- **Coconut Cake with rum sauce**

## Tuesday

### LUNCH
- **Spinach Salad**
- **Quinoa with shiitake, truffle & tofu**
- **Turkey & Ham with garlic mayo sandwich* **
- **Vegan Hummus ∆V**
- **Tossed Mixed Salad ∆V**
- **Dark Fudge Brownies also...chips,**
- **Fresh Baked Cookies**

### DINNER
- **Argentine Beef Hominy Stew with Quiquirmichi**
- **White Rice ΔV**
- **Charred Carrots with chevre & parsley**
- **Grilled Chicken Breast Δ**
- **Tossed Mixed Salad ΔV**
- **Oreo Cream Pie* **

## Wednesday

### LUNCH
- **Greek Salad**
- **Alma de Cuba Quinoa**
- **South Philly Italian Hoagie**
- **Vegan Hummus ∆V**
- **Tossed Mixed Salad **
- **Fresh Baked Cookies also...chips,**
- **Tossed Mixed Salad also...chips,**
- **Fresh fruit & water!**

### DINNER
- **Pan Roasted Breast of Turkey with turkey demi-glace**
- **Atchoke Stuffed Portabella Mushroom**
- **Whipped Yukon Gold Potatoes V**
- **Herbed Bread Dressing**
- **Sweet Yellow Corn**
- **Grilled Chicken Breast Δ**
- **Sweet Potato Pie* **

## Thursday

### LUNCH
- **Quinoa Vegetable Tabouli Salad**
- **Harvest Butternut Squash Quinoa**
- **Jalapeno BBQ Beef Sandwich**
- **Vegan Hummus ∆V**
- **Tossed Mixed Salad **
- **Tossed Mixed Salad Rice Krispy Treats also...chips,**
- **Tossed Mixed Salad fresh fruit & water!**

### DINNER
- **Braised Brisket with taso gravy**
- **Cauliflower Etouffee with vegan andouille sausage**
- **Fried Hush Puppies**
- **Creamed Corn**
- **Buttermilk Biscuits**
- **Grilled Chicken Breast Δ**
- **Sweet Potato Pie* **

## Friday

### LUNCH
- **Asian Noodle Salad**
- **Wild Mushroom Quinoa Salad**
- **Sicilian Tuna Salad Sandwich**
- **Vegan Hummus ∆V**
- **Tossed Mixed Salad **
- **Fresh Baked Cookies also...chips,**
- **Fresh fruit & water!**

### DINNER
- **Spinach Rotolo**
- **Italian Sausage Lasagna**
- **Roasted Tomato Risotto**
- **Rapini with garlic**
- **Focaccia**
- **Grilled Chicken Breast Δ**
- **Tossed Mixed Salad ΔV**
- **Cannoli**

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Monday– Friday Lunch 11am-1:30pm  
Dinner 5pm-7pm