# Wyndham Grab & Go

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### Monday 10/19

**LUNCH**

- Spinach Salad V
  - Quinoa with shiitake, truffle & tofu ∆V
  - Turkey & Ham with garlic mayo sandwich *
  - Vegan Hummus ∆V
  - Tossed Mixed Salad ∆V
  - Dark Fudge Brownies also...chips, fresh fruit & water!

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

**DINNER**

- Kung Pao Tofu
- General Tso’s Chicken
- Jasmine Rice
- Sautééed Napa Cabbage
- Grilled Chicken Breast ∆
- Tossed Mixed Salad ∆V
- Coconut Cake

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### Tuesday 10/20

**LUNCH**

- Chicken Caesar Salad
  - Grilled Zucchini Caprese
  - Smoked Paprika Quinoa with spinach & garbanzo ∆V
  - Vegan Hummus ∆V
  - Tossed Mixed Salad
  - Fresh Baked Cookies also...chips, fresh fruit & water!

- Spinach Salad V
  - Quinoa with shiitake, truffle & tofu ∆V
  - Turkey & Ham with garlic mayo sandwich *
  - Vegan Hummus ∆V
  - Tossed Mixed Salad ∆V
  - Dark Fudge Brownies also...chips, fresh fruit & water!

**DINNER**

- Blended Burgers
  - Vegan Burgers V
  - Grilled Chicken Breast ∆
  - Aged Cheddar
  - Mac & Cheese *
  - White Rice ∆V
  - Braised Kale ∆V
  - Roasted Cauliflower ∆V
  - Oreo Cream Pie *

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### Wednesday 10/21

**LUNCH**

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

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

**DINNER**

- Flank Steak Arrabiatta ∆
  - Grilled Chicken Breast ∆
  - Spinach & Risotto
  - Stuffed Peppers ∆V
  - Grilled Vegetables ∆V
  - Brown Rice ∆V
  - Cannoli *

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### Thursday 10/22

**LUNCH**

- Southern Fried Chicken
  - Vegan Pot Pie V
  - White Rice ∆V
  - Grilled Chicken Breast ∆
  - Sautééed Collard Greens ∆V
  - Assorted Rolls *
  - Turtle Cheesecake *

- Crispy Chipotle Tilapia
  - with Avocado Sauce ∆
  - Zucchini, Corn & Poblano Taco ∆V
  - Grilled Chicken Breast ∆
  - Tossed Mixed Salad
  - White Rice ∆V
  - Assorted Rolls *
  - Triple Chocolate Peanut Butter Cake *

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### Friday 10/23

**LUNCH**

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

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

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**Notes:**

- * = VEGETARIAN
- ∆ = PREPARED WHEAT FREE
- V = VEGAN

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Monday - Friday
Lunch Noon-1pm
Dinner 5.30pm-6.30pm