### Wyndham Grab & Go

**Monday 9/28**

**LUNCH**
- Pesto Chicken Salad
- Spicy Vegan
- Korean BLT V
- Green Bean, Almond
- Quinoa Salad V△
- Tossed Mixed Salad △V*
- Selection of Cookies*
  - also...chips,
  - fresh fruit & water!

**DINNER**
- Tofu Stir Fry △
- Salmon Teriyaki
- Grilled Chicken Breast △
- Sticky Rice △V
- Sugar Snap Peas △V
- Assorted Rolls*
- Tossed Mixed Salad
- Dutch Apple Pie*

**Monday-Friday Lunch**
- Noon-1pm
**Dinner**
- 5:30pm-6:30pm

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**Tuesday 9/29**

**LUNCH**
- Mandarin Orange
- Spinach Salad
- Mediterranean
- Quinoa Salad
- Balsamic Chicken
- Salad Sandwich
- Vegan Hummus △V*
- Tossed Mixed Salad △V*
- Magic Cookie Bars
  - also...chips,
  - fresh fruit & water!

**DINNER**
- Grilled Tuna with Mojo
- Grilled Chicken Breast △
- Steamed Spinach
- Brown Rice △V
- Fried Plantains
- Assorted Rolls*
- Tossed Mixed Salad
- Carrot Cake*

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**Wednesday 9/30**

**LUNCH**
- Chef Salad
- Quinoa
  - with Tahini, Lemon,
  - & Asparagus
- Ultimate Mozzarella
  - Sandwich
  - with fresh tomatoes & basil
- Vegan Hummus △V
- Tossed Mixed Salad
- Fresh Baked Cookies
  - also...chips,
  - fresh fruit & water!

**DINNER**
- Pulled Jackfruit Sandwich
  - with Bourbon BBQ V
- BBQ Chicken Thighs
- Grilled Chicken Breast △
- Corn on the Cob*△
- Jasmine Rice △V
- Cheddar Mac & Cheese*
- Assorted Rolls*
- Tossed Mixed Salad*
- Pecan Pie*

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**Thursday 10/1**

**LUNCH**
- Calabria Cauliflower
- Salad V
- Creole Kale
- Quinoa Salad V△
- Eastern European
  - Turkey Club Sandwich
  - Vegan Hummus △V
- Tossed Mixed Salad
- Rocky Road Brownies
  - also...chips,
  - fresh fruit & water!

**DINNER**
- Blended Meatloaf
  - Caponata △V
- Grilled Chicken Breast △
- Brown Rice △V
- Haricots Vert △V
- Assorted Rolls*
- Tossed Mixed Salad*
- Cheesecake with Toppings*

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**Friday 10/2**

**LUNCH**
- Spinach Salad
  - with fresh berries
- Cape Cod
- Chicken Sandwich
  - Cape Cod
- Quinoa Salad V△
- Vegan Hummus △V
- Tossed Mixed Salad
  - Sweet & Salty
  - Rice Krispy Treats
  - also...chips,
  - fresh fruit & water!

**DINNER**
- Cod with Pepperonata △
- Grilled Chicken Breast △
- White Basmati Rice △V
- Mediterranean Zucchini △V
- Assorted Rolls*
- Tossed Mixed Salad*
- Red Velvet Cake*

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* △ = VEGETARIAN  △V = VEGAN  △ = PREPARED WHEAT FREE