



March 2026 Lunch Specials

SUNDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Chicken Cordon Bleu Wild Rice Steamed Broccoli	2 Cobb Salad Vegan Cobb Quinoa & Rice Pasta Salad Greek Tuna Wrap	3 Pork Tamales Vegan Tamales Rice & Beans Zucchini Club Sandwich	4 Beef Stroganoff Vegan Stroganoff Dinner Rolls Sautéed Kale & Mushrooms Ham & Chz Panini	5 Pork Lettuce Wraps Veg. Lettuce Wraps Fried Rice Spring Rolls Turkey Reuben	6 Chicken Tikka Masala Vegan Tikka Masala Naan Flatbread Carrot-Cumin Slaw Philly Cheesesteak	7 Lemon Caper Chicken Steamed Rice Green Beans
8 Shepard's Pie Corn Bread Quinoa Kale Salad	9 Niçoise Salad Vegan Niçoise French Bread Tomato Soup Turkey Pesto Panini	10 Chicken Mole Fajitas Vegan Mole Tacos Refried Beans Spicy Cole Slaw Chicken Quesadilla	11  Salmon Quinoa Bowl Vegan Quinoa Bowl Sweet Potato Kale Salad Turkey Avocado	12 Turkey Pot Pie Vegan Pot Pie Cheddar Biscuit Vegan Broccoli Salad BLT	13 Chicken Shawarma Chickpea Falafel Baba Ganoush Tzatziki with Pita Caesar Wrap	14 Polish Kielbasa Potato Pierogies Sautéed Peppers & Sauerkraut
15 Flank Steak Baked Potato Roasted Cauliflower	16 Salmon Caesar Salad Vegan Caesar Salad Warm Bread Watermelon Mint Salad Portabella Panini	17 Corned Beef Chickpea Patty Boiled Potatoes Cabbage & Carrots 	18 Tacos Al Pastor Vegan Tacos Al Pastor Refried Beans Chips and Guac Buffalo Chicken Sandwich	19 Gyro Chickpea Falafel Greek Orzo Baba Ganoush with Pita Reuben	20 Sausage & Kale Alfredo Vegan Sausage & Kale Pesto Pasta Sweet Potato Arugula Salad Philly Cheesesteak	21 BBQ Chicken Pasta Salad Creamy Coleslaw
22 Pork Lettuce Wraps Soba Noodles Spring Rolls	23 Beer Battered Cod Quinoa Patty with Mango Salsa Macaroni Salad Creamy Coleslaw Egg Salad Sandwich	24 Burger Bar Vegan Burger Bar Onion Rings Side Salad Tuna Melt	25 Carnitas Burrito Bowl Vegan Burrito Bowl Rice and Beans Chips & Guacamole Buffalo Chicken Sandwich w/ Swiss	26 Chicken Parmesan Eggplant Parmesan Garlic Bread Green Beans Meatball Sub	27 Bento Beef Salad Tofu Bento Salad Soba Noodles Peas & Carrots Club Sandwich	28 Chicken Cacciatori Warm Bread Side Salad
29 Lasagna Dinner Roll Spinach	30 Pozole Vegan Pozole Chips and Salsa Jicama Slaw Veggie Quesadilla	31 Crispy Chicken Sandwich Meatless Chik'n Sandwich Macaroni & Cheese Creamed Spinach Italian Sub	<u>A La Carte</u> Entrée.....\$7.75 Vegan Entrée...\$5.50 Starch.....\$2.00 Vegetable.....\$2.00 Sandwich.....\$7.00	Did you know? <ul style="list-style-type: none"> • Entrées in GREEN are Vegan or Vegetarian • Everything is priced a la carte • Breakfast is served 7:30-10am • Lunch is served 11:30-2pm • Dinner is served 5-7pm 		



Discover the Power of Nutrition

Words may be horizontal, vertical, diagonal, or backwards

Apples	N	S	L	I	T	N	E	L	O	T	B	A	D
Bok Choy	D	E	N	H	O	R	G	A	S	I	H	L	R
Carrot	M	H	O	R	N	E	D	M	E	L	O	N	Y
Cornmeal	O	U	D	O	L	S	Q	U	R	A	A	P	L
Horned Melon	T	R	Y	P	S	U	J	S	R	P	L	R	P
Jackfruit	L	E	T	H	O	F	R	H	Y	I	L	D	E
Lentils	T	D	R	K	I	R	A	R	C	A	I	C	A
Milk	O	C	U	T	L	C	K	O	P	C	T	A	H
Mushrooms	P	A	H	C	A	T	T	O	C	I	R	D	O
Pistachios	T	B	O	M	Q	E	A	M	L	S	O	E	J
Pork	T	B	C	N	U	O	O	S	A	P	T	N	A
Quinoa	C	A	R	R	O	T	P	I	B	B	H	O	C
Red Cabbage	M	G	C	Y	R	S	A	F	R	A	E	N	K
Ricotta	L	E	U	K	Q	O	M	E	U	T	M	L	F
Tilapia	G	L	R	O	N	B	K	R	N	O	I	C	R
Tortilla	R	E	F	I	J	A	C	A	G	M	L	Y	U
	L	E	U	L	A	P	P	L	E	S	T	O	I
	I	Q	N	F	I	E	I	M	L	F	R	H	T
	A	L	A	E	M	N	R	O	C	Y	O	C	Q
	B	M	I	S	A	O	G	I	R	A	C	K	A
	N	R	L	P	Y	S	E	T	L	L	B	O	T
	P	I	S	T	A	C	H	I	O	S	J	B	I
	S	F	L	E	W	U	G	M	Y	N	D	E	L

