



	Monday, April 3 rd	Tuesday, April 4 th	Wednesday, April 5 th	Thursday, April 6 th	Friday, April 7 th
Option 1	Protein: Lamb and Beef Kofta <i>Served with Pilaf Rice & Lentils & Zahra</i>	Protein: Chimichurri Roast Beef <i>Served with Roasted Root Vegetables & Vegetarian Paella</i>	Protein: Chicken Tikka Masala <i>Served with Cumin Rice & Indian Spiced Cauliflower</i>	Protein: Chicken Puttanesca <i>Served with Rosemary Potatoes & Mixed Seasonal Vegetables</i>	Protein: Honey Sriracha Grilled Chicken Thighs <i>Served with Potato Wedges & Charred Mixed Vegetables</i>
Option 2	Protein: Chicken Skewers <i>Served with Pilaf Rice & Lentils & Zahra</i>	Protein: Peruvian Style Chicken <i>Served with Roasted Root Vegetables & Vegetarian Paella</i>	Protein: Beef Vindaloo <i>Served with Cumin Rice & Indian Spiced Cauliflower</i>	Protein: Parmesan Meatballs <i>Served with Rosemary Potatoes & Mixed Seasonal Vegetables</i>	Protein: BBQ Pork Ribs <i>Served with Potato Wedges & Charred Mixed Vegetables</i>
Option 3	Veggie: Bamiah <i>Served with Pilaf Rice & Lentils & Zahra</i>	Veggie: Chile Relleno <i>Served with Roasted Root Vegetables & Vegetarian Paella</i>	Veggie: Chana Masala <i>Served with Cumin Rice & Indian Spiced Cauliflower</i>	Veggie: Spaghetti Marinara	Veggie: Baked BBQ Tofu <i>Served with Potato Wedges & Charred Mixed Vegetables</i>
Option 4	Greek Chicken Wrap <i>with Tabbouleh Side Salad</i>	Chipotle Chicken Wrap <i>with Mexican Street Corn Side Salad</i>	Indian Spiced Chicken & Chickpea Wrap <i>with Kabuli Chana & Moongphali Side Salad</i>	Chicken & Pesto Wrap <i>with Spinach & Farro Side Salad</i>	BBQ Chicken Wrap <i>with Picnic Potato Side Salad</i>
Option 5	Greek Salad	Taco Salad	Chickpea Salad	Spinach & Strawberries Salad	Caesar Salad
Option 6	Greek Salad with Chicken	Taco Salad with Chicken	Chickpea Salad with Chicken	Spinach & Strawberries Salad with Chicken	Caesar Salad with Chicken

Chicken 16.75 Beef 17.00 Vegetarian/Vegan 14.75 Salad No Protein 11.75 Salad with Chicken (4oz) 16.75 Wrap/Sandwich with Side Salad 14.75



	Monday, April 10 th	Tuesday, April 11 th	Wednesday, April 13 th	Thursday, April 14 th	Friday, April 15 th
Option 1	Protein: Lemon Artichoke Braised Chicken <i>Served with Mashed Potatoes & Green Beans and Almonds</i>	Protein: Cochinita Pibil Yucatan Style <i>Served with Cilantro Rice & Lime Root Vegetables</i>	Protein: Orange Chicken <i>Served with White Rice & Stir Fry Vegetables</i>	Protein: Chicken Piccata <i>Served with Italian Rosemary Potatoes & Broccoli</i>	Protein: Buttermilk Fried Chicken <i>Served with Roasted Vegetables & Mashed Potatoes</i>
Option 2	Protein: Baked Beef Rigatoni	Protein: Adobo Chicken <i>Served with Cilantro Rice & Lime Root Vegetables</i>	Protein: Beef & Broccoli <i>Served with White Rice & Stir Fry Vegetables</i>	Protein: Meatloaf <i>Served with Italian Rosemary Potatoes & Broccoli</i>	Protein: Italian Sausage & Vegetables <i>Served with Roasted Vegetables & Mashed Potatoes</i>
Option 3	Veggie: Mushroom Ravioli	Veggie: Cheese Tamales <i>Served with Cilantro Rice & Lime Root Vegetables</i>	Veggie: Veggie Chow Mein <i>Served with White Rice & Stir Fry Vegetables</i>	Veggie: Vegetarian Lasagna	Veggie: Mac & Cheese
Option 4	California Turkey Wrap <i>with Kale Avocado Side Salad</i>	Chicken Avocado Wrap <i>with Cilantro Lime Quinoa Salad</i>	Sesame Chicken Wrap <i>with Asian Garlic Noodles</i>	Chicken Caesar Salad Wrap <i>with Pesto Pasta Side Salad</i>	Buffalo Chicken Wrap <i>with Mom's Macaroni Side Salad</i>
Option 5	Cobb Salad	Mexican Chopped Salad	Almond Mandarin Salad	Greens & Apples Salad	Mango Arugula Salad
Option 6	Cobb Salad with Chicken	Mexican Chopped Salad with Chicken	Almond Mandarin Salad with Chicken	Green's & Apples Salad	Mango Arugula Salad with Chicken

Chicken 16.75 Beef 17.00 Vegetarian/Vegan 14.75 Salad No Protein 11.75 Salad with Chicken (4oz) 16.75 Wrap/Sandwich with Side Salad 14.75



	Monday, April 17 th	Tuesday, April 18 th	Wednesday, April 19 th	Thursday, April 20 th	Friday, April 21 st
Option 1	Protein: Breaded White Fish in Caper Sauce <i>Served with Garlic Mashed Potatoes and Green Beans & Brussels Sprouts</i>	Protein: Beef Barbacoa <i>Served with Spanish Rice & Black Beans</i>	Protein: Steak Teriyaki <i>Served with Steamed White Rice and Steamed Carrots, Green Beans & Cabbage</i>	Protein: Chicken Parmesan <i>Served with Asparagus & Gratin Potatoes</i>	Protein: BBQ Beef Brisket <i>Served with Grilled Corn on the Cob & Potato Wedges</i>
Option 2	Protein: Parmesan & Herbs Stuffed Chicken Breast <i>Served with Garlic Mashed Potatoes and Green Beans & Brussels Sprouts</i>	Protein: Chicken Chile Verde <i>Served with Spanish Rice & Black Beans</i>	Protein: Chicken Teriyaki <i>Served with Steamed White Rice and Steamed Carrots, Green Beans & Cabbage</i>	Protein: Italian Pot Roast <i>Served with Asparagus & Gratin Potatoes</i>	Protein: Cajun Seasoned Chicken <i>Served with Grilled Corn on the Cob & Potato Wedges</i>
Option 3	Veggie: Stuffed Bell Peppers & Zucchini <i>Served with Garlic Mashed Potatoes and Green Beans & Brussels Sprouts</i>	Veggie: Veggie Enchiladas <i>Served with Spanish Rice & Black Beans</i>	Veggie: Tofu teriyaki <i>Served with Steamed White Rice and Steamed Carrots, Green Beans & Cabbage</i>	Veggie: Pesto Tortellini	Veggie: Alfredo Broccoli Penne Pasta
Option 4	Golden Gate Wrap <i>with Smoked Mozzarella Pasta Side Salad</i>	Turkey & Avocado Wrap <i>with Vegetarian Ceviche Side Salad</i>	Ham & Cheddar Cheese Wrap <i>with Cucumber Side Salad</i>	Tuna Salad Wrap <i>with Caprese Side Salad</i>	Chicken & Ranch Wrap <i>with Jalapeno Coleslaw Side Salad</i>
Option 5	Peach Salad	Mexican Lettuce Cups	Japanese Salad	Watermelon Salad	Garden Salad
Option 6	Peach Salad with Chicken	Mexican Lettuce Cups with Chicken	Japanese Salad with Chicken	Watermelon Salad with Chicken	Garden Salad with Chicken

Chicken **16.75** Beef **17.00** Vegetarian/Vegan **14.75** Salad No Protein **11.75** Salad with Chicken (4oz) **16.75** Wrap/Sandwich with Side Salad **14.75**



	Monday, April 24 th	Tuesday, April 25 th	Wednesday, April 26 th	Thursday, April 27 th	Friday, April 28 th
Option 1	Protein: Lamb & Beef Skewers <i>Served with Wild Rice & Grilled Yellow Squash, Bell Peppers, Onions, Tomatoes</i>	Protein: Chicken Fajitas <i>Served with Spanish Rice & Pinto Beans</i>	Protein: Butter Chicken <i>Served with Aloo Gobi & Turmeric Rice</i>	Protein: Short Ribs <i>Served with Mashed Potatoes & Italian Vegetable Medley</i>	Protein: BBQ Meatballs <i>Served with Creamy Garlic Mashed Potatoes & Cheese Cauliflower and Broccoli Casserole</i>
Option 2	Protein: Lemon Mediterranean Chicken <i>Served with Wild Rice & Grilled Yellow Squash, Bell Peppers, Onions, Tomatoes</i>	Protein: Beef Enchiladas <i>Served with Spanish Rice & Pinto Beans</i>	Protein: Madras Beef <i>Served with Aloo Gobi & Turmeric Rice</i>	Protein: Chicken Chipollini Pasta	Protein: BBQ Grilled Chicken <i>Served with Creamy Garlic Mashed Potatoes & Cheesy Cauliflower Casserole</i>
Option 3	Veggie: Vegetarian Moussaka <i>Served with Wild Rice & Grilled Yellow Squash, Bell Peppers, Onions, Tomatoes</i>	Veggie: Mexican Zucchini <i>Served with Spanish Rice & Pinto Beans</i>	Veggie: Chickpea Curry <i>Served with Aloo Gobi & Turmeric Rice</i>	Veggie: Eggplant Parmesan <i>Served with Mashed Potatoes & Italian Vegetable Medley</i>	Veggie: Chipotle Penne Pasta
Option 4	Falafel Wrap <i>with Tabbouleh Side Salad</i>	Chicken Bacon & Ranch Wrap <i>with Black Bean & Corn Quinoa Side Sala</i>	Chicken Curry Wrap <i>with Bombay Carrots, Carrots & Raisins Side Salad</i>	Sonoma Chicken Wrap <i>with Tri Color Pasta Side Salad</i>	Chicken Caesar Wrap <i>with Broccoli Crunch Side Salad</i>
Option 5	Romaine Greek Salad	Southwest Salad	Arugula & Chickpea Salad	Italian Chopped Salad	Greens & Berries Salad
Option 6	Romaine Greek Salad with Chicken	Southwest Salad with Chicken	Arugula & Chickpea Salad with Chicken	Italian Chopped Salad with Chicken	Greens & Berries Salad with Chicken

Chicken **16.75** Beef **17.00** Vegetarian/Vegan **14.75** Salad No Protein **11.75** Salad with Chicken (4oz) **16.75** Wrap/Sandwich with Side Salad **14.75**