



Lunch Menu

WEEK OF MARCH 9th



a hands-on approach to fresh food

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP OF THE DAY	Fennel and Tomato	Mushroom Barley	Chicken Vegetable	Broccoli and Cheddar	Spicy Black Beans
ENTRÉE	Baked Ziti Marinara Sauce	Chicken Gumbo	Beef Stroganoff	Honey Lime Chicken	Mojo Pork Tacos
SPECIAL ENTRÉE	Pasta with Winter Vegetables	Vegetable Gumbo	Stuffed Cabbage	Vegetable Gratin	Chile Rellenos
ACCOMPANIMENT	Sauteed Swiss Chard	Cajun Rice	Egg Noodles	Roasted Carrots, Beets and Sweet Potatoes	Yellow Rice
ACCOMPANIMENT	Seasonal Vegetable Offering	Kale and Mustard Greens	Roasted Butternut Squash	Steamed Green Beans	Roasted Chayote
ITEMS LISTED BELOW ARE OFFERED ON A ROTATING BASIS					
MAKE YOUR OWN <i>Items are Subject to Change Based on Availability</i>	Sandwich	Brioche Roll Baguette Whole Wheat Bread White Bread Gluten Free Bread	Turkey ▪ Ham ▪ Grilled Chicken ▪ Tuna ▪ Egg Salad		
			Cheddar ▪ Provolone ▪ Swiss ▪ Mozzarella		
	Salad	Romaine ▪ Boston Arugula ▪ Escarole Spinach ▪ Kale	Lettuce ▪ Tomato ▪ Pickled Onion ▪ Roasted Vegetables ▪ Carrots Beans ▪ Celery ▪ Cucumbers ▪ Hard Boiled Eggs ▪ Cheeses		
			Balsamic Vinaigrette ▪ Apple Cider Vinaigrette ▪ Caesar Dressing CTY - LREI Pepper Sauce ▪ Oil and Vinegar		
COMPOSED SALADS	Featured Salads	A Protein Salad A Grain Salad A Vegetable Salad A Special Green Salad	<i>The Featured Salads are Seasonally Based and Customized Daily</i>		
BEVERAGES and DESSERTS <i>Items are Subject to Change Based on Availability</i>	Beverages	Milks ▪ Aqua Fresca ▪ Fruit Waters ▪ Cider Flavor Infused Waters	Homemade Aqua Fresca ▪ Flavored Waters ▪ Apple Cider Battenkill Creamery Milk		
	Desserts	Sweet Desserts are Offered Once a Week	Fruit Salad ▪ Whole Fruit ▪ Ice Cream ▪ Frozen Fruit Bars Whole Grain Cookies ▪ Fresh Fruit Desserts		