

# Mondays

OUR LUNCH MENU INCLUDES HORMONE-FREE CHICKEN, FISH, WHOLE GRAIN PASTAS AND ROASTED VEGETABLES FROM WHOLE FOODS MARKET. IT'S ALSO GOOD TO KNOW THAT OUR MENUS HAVE BEEN APPROVED BY A REGISTERED NUTRITIONIST!

## Veggies & Sides



### Roasted Carrots

Organic



### Roasted Broccoli



### Mini-Reds



### Turmeric Basmati Rice

## Morning Snack

### This week's selection

Variety of Whole Wheat cereals, dry crackers

## Main Entree

### Milk

Organic whole, soy and dairy

### Chicken Filet & Bites

Organic, Antibiotic-Free



## Afternoon Snack

### Toast

Ancient Grains with Quinoa, 100% Whole Wheat

### Spreads

Cream Cheese, Soy/Seed Butter

### Fruit Puree

Apple, Strawberry

## Fresh Fruit

Selection will vary.

Apples, Bananas, Clementines, Oranges, Bosc Pears, Cantaloupe, Honeydew, Seasonal Fruit



# Tuesdays

OUR LUNCH MENU INCLUDES HORMONE-FREE CHICKEN, FISH, WHOLE GRAIN PASTAS AND ROASTED VEGETABLES FROM WHOLE FOODS MARKET. IT'S ALSO GOOD TO KNOW THAT OUR MENUS HAVE BEEN APPROVED BY A REGISTERED NUTRITIONIST!

## Veggies & Sides



**Fresh Peppers**

Organic



**Cucumbers**



**Roasted Green Peas**

Organic



**Turmeric Basmati Rice**

## Fresh Fruit

**Selection will vary.**

Apples, Bananas, Clementines, Oranges, Bosc Pears, Cantaloupe, Honeydew, Seasonal Fruit

## Morning Snack

**This week's selection**

Variety of Whole Wheat cereals, dry crackers

## Main Entree

**Milk**

Organic whole, soy and dairy

**Fish**

Cod or Haddock

Wild Caught, No Trans Fat



## Afternoon Snack

**Toast**

Ancient Grains with Quinoa, 100% Whole Wheat

**Spreads**

Cream Cheese, Soy/Seed Butter

**Fruit Puree**

Apple, Strawberry



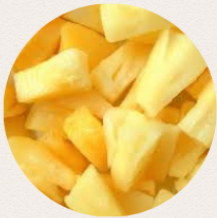
# Wednesdays

OUR LUNCH MENU INCLUDES HORMONE-FREE CHICKEN, FISH, WHOLE GRAIN PASTAS AND ROASTED VEGETABLES FROM WHOLE FOODS MARKET. IT'S ALSO GOOD TO KNOW THAT OUR MENUS HAVE BEEN APPROVED BY A REGISTERED NUTRITIONIST!

## Veggies & Sides



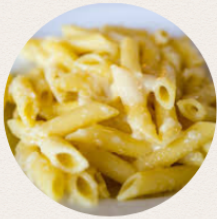
**Roasted French  
Cut Beans**  
Organic



**Roasted Fruit**  
Organic  
Mango  
Pineapple  
Apple



**Roasted  
Japanese Sweet  
Potato**  
Organic



**Mixed Chickpea &  
Whole Wheat  
Pasta**  
Organic

## Morning Snack

### This week's selection

Variety of Whole Wheat cereals, dry crackers

## Main Entree

### Milk

Organic whole,, soy and dairy

### Plant-Based Bites

Falafel or Veggie



## Afternoon Snack

### Toast

Ancient Grains with Quinoa, 100% Whole Wheat

### Spreads

Cream Cheese, Soy/Seed Butter

### Fruit Puree

Apple, Strawberry

## Fresh Fruit

Selection will vary.

Apples, Bananas, Clementines, Oranges, Bosc Pears,  
Cantaloupe, Honeydew, Seasonal Fruit



# Thursdays

OUR LUNCH MENU INCLUDES HORMONE-FREE CHICKEN, FISH, WHOLE GRAIN PASTAS AND ROASTED VEGETABLES FROM WHOLE FOODS MARKET. IT'S ALSO GOOD TO KNOW THAT OUR MENUS HAVE BEEN APPROVED BY A REGISTERED NUTRITIONIST!

## Veggies & Sides



**Roasted Broccoli**



**Roasted  
Butternut Squash**  
Organic



**Roasted  
Japanese Sweet  
Potato**  
Organic



**Mixed Chickpea &  
Whole Wheat  
Pasta**  
Organic

## Morning Snack

### **This week's selection**

Variety of Whole Wheat cereals, dry crackers

## Main Entree

### **Milk**

Organic whole, soy and dairy

### **Protein Bites**

Organic Chicken, Turkey, Falafel



## Afternoon Snack

### **Toast**

Ancient Grains with Quinoa, 100% Whole Wheat

### **Spreads**

Cream Cheese, Soy/Seed Butter

### **Fruit Puree**

Apple, Strawberry

## Fresh Fruit

**Selection will vary.**

Apples, Bananas, Clementines, Oranges, Bosc Pears,  
Cantaloupe, Honeydew, Seasonal Fruit



# Fridays

OUR LUNCH MENU INCLUDES HORMONE-FREE CHICKEN, FISH, WHOLE GRAIN PASTAS AND ROASTED VEGETABLES FROM WHOLE FOODS MARKET. IT'S ALSO GOOD TO KNOW THAT OUR MENUS HAVE BEEN APPROVED BY A REGISTERED NUTRITIONIST!

## Veggies & Sides



**Fresh Peppers**  
Organic



**Cucumbers**

## Morning Snack

### **This week's selection**

Variety of Whole Wheat cereals, dry crackers

## Main Entree

### **Milk**

Organic whole,, soy and dairy

### **Cheese Pizza**

Pizza Nova



## Fresh Fruit

### **Selection will vary.**

Apples, Bananas, Clementines, Oranges, Bosc Pears,  
Cantaloupe, Honeydew, Seasonal Fruit

## Afternoon Snack

### **Toast**

Ancient Grains with Quinoa, 100% Whole Wheat

### **Spreads**

Cream Cheese, Soy/Seed Butter

### **Fruit Puree**

Apple, Strawberry