



Monday

September 8, 2025

Soups

Clam Chowder

Minestrone **DF** **VEG**

Meatball Marinara **Pork**

Entrées

Roasted Tomato & Eggplant **DF** **GF**

Shrimp with Vodka Sauce **Shell**

Sides

Spaghetti **VEG** Garlic Bread **VEG**

Chicken Tortilla **DF** **GF**

Roasted Red Pepper & Gouda **VEG** **GF**

Soups

Cochinita Pibil with Red Onions **DF** **GF** **Pork**

Chicken Tinga **DF** **GF**

Spanish Rice **VEG** **DF** **GF** Pinto Beans **VEG** **DF** **GF** Corn & Poblano **VEG**

Sides

Salsa Roja | Sour Cream | Onions & Cilantro **VEG**

Soups

Chicken Coconut Curry **DF** **GF**

Vegetable Lentil **VEG** **DF** **GF**

Wednesday

September 10, 2025

Entrées

Seared Barramundi with Summer Radish Salad **DF**

Spinach & artichokes with white beans **VEG** **GF**

Garlic Lemon Chicken Thighs **GF** **DF**

Sides

Couscous & Quinoa **VEG** **GF** Green Beans **VEG** **DF** **GF**

Soups

Potato Leek **GF** **VEG**

Chicken Sausage Gumbo

Thursday

September 11, 2025

Entrées

Bulgogi Beef **DF**

Soy-garlic glazed Chicken Thighs **DF**

Vegetable Egg Rolls **VEG** **DF**

Sides

Steamed Rice **GF** **DF** **VEG** Steamed Broccoli **GF** **DF** **VEG**

Soups

Vegetable Beef Barley

Mediterranean Vegetable **GF** **DF** **VEG**

Friday

September 12, 2025

Entrées

Roasted Salmon with Tzatziki Sauce **GF**

Chickpea Falafel **DF** **GF** **VEG**

Roasted Chicken Leg Quarters **GF** **DF**

Sides

Saffron Basmati Rice **GF** **DF** **VEG** Sumac Roasted Carrots **GF** **DF** **VEG**

(Cafe)Café Creation (DF)Dairy Free (GF)Gluten Free (Nuts)Contains Nuts
(P)Plant Based (Pork)Contains Pork (Shell)Contains Shellfish (S)Spicy (VEG)Vegetarian