



# LS LUNCH MENU

## WEEK OF MARCH 2ND



a hands-on approach to fresh food

	MONDAY	TUESDAY	WEDNESDAY ASH WEDNESDAY	THURSDAY	FRIDAY
<b>SOUPS OF THE DAY</b>	Cream of Mushroom	Chicken Noodle	Black Bean	Chicken Vegetable	Cream of Tomato
<b>ENTRÉE</b>	Cheese Tortellini with Marinara Sauce	Meatloaf with Gravy	Beef Tacos with Arroz a la Mexicana	Moroccan Chicken Stew	Grilled Cheese
<b>ACCOMPANIAMENTS</b>	Mixed Vegetable Garlic Bread	Steamed Garden Vegetables Mashed Potatoes	Pico de Gallo • Lettuce Cheddar Cheese Tortillas • Guacamole Sour Cream	Carrots Jasmine Rice	Seasonal Vegetables
<b>SANDWICH OF THE DAY</b>	Caesar Salad Wrap	Sunflower Butter • Jelly & Banana	Southwestern Chicken Wrap	Tuna Salad with Broccoli on French Bread	Egg Salad
<b>ITEMS LISTED BELOW ARE OFFERED ON A ROTATING BASIS</b>					
<b>MAKE YOUR OWN</b> <i>Items are Subject to Change Based on Availability</i>	<b>Sandwich</b>	Ciabata Roll • Bagel Whole Wheat Bread • Rye Gluten Free Bread Tuscan Olive Bread	Turkey • Ham • Grilled Chicken • Tuna • Egg Salad		
			Cheddar • Provolone • Swiss • Mozzarella		
	<b>Salad</b>	Romaine • Boston Arugula • Escarole Spinach • Kale	Lettuce • Tomato • Pickled Onion • Roasted Vegetables • Carrots • Beans • Celery Roasted Vegetables • Cucumbers • Hard Boiled Eggs • Cheeses • Olives		
			Balsamic Vinaigrette • Apple Cider Vinaigrette • Caesar Dressing CTY Dressing (citrus - thyme vinaigrette) • Oil & Vinegar		
<b>COMPOSED SALADS</b>	<b>Featured Salads</b>	A Protein Salad A Grain Salad A Vegetable Salad A Special Green Salad	<b>The Featured Salads are Seasonally Based and Customized Daily</b>		
<b>BEVERAGES &amp; DESSERTS</b> <i>Items are Subject to Change Based on Availability</i>	<b>Beverages</b>	Milks • Flavored Waters • Cider • Juice	Homemade Aqua Fresca • Flavored Waters • Apple Cider Battenkill Creamery Milk		
	<b>Desserts</b>	Sweet Desserts are Offered Once a Week	Fruit Salad • Whole Fruit • Ice Cream • Frozen Fruit Bars • Whole Grain Cookies Fresh Baked Fruit Desserts		