

# LS LUNCH MENU

## WEEK OF MARCH 9TH



a hands-on approach to fresh food

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUPS OF THE DAY</b>	Chicken Vegetable	Chicken Alphabet		Turkey and Barley	Chicken and Rice
<b>ENTRÉE</b>	Baked Ziti	Roasted Chicken	Turkey Cheddar Melt	Baked Chicken Fingers	Pizza Bagel
<b>ACCOMPANIAMENTS</b>	Garlic Bread	Golden Crushed Potatoes		Toasted Israeli Cous Cous with Roasted Vegetables	
<b>ACCOMPANIAMENTS</b>	Sauteed Zucchini & Yellow Squash	Sauteed Spinach	Roasted Root Vegetable Medley	Broccoli	Sauteed Kale
<b>SANDWICH OF THE DAY</b>	Escarole Caesar Salad Wraps	Grilled Vegetable Focaccia		Sunflower Butter ▪ Jelly & Apple	Turkey Cobb and Avocado Wrap
<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		