

LUNCH MENU

WEEK OF MARCH 9TH



a hands-on approach to fresh food

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|--|
| SOUPS OF THE DAY | Italian Wedding Vegetable Provencal | French Onion Celery Root | Chicken Vegetable Roasted Tomato | Mushroom Barley Chic Pea | Chicken Noodle Tomato Soup |
| ENTRÉE | Baked Ziti | Roasted Chicken BBQ Ribs | PANINI BAR: Turkey, Bacon Cheddar Melt | Baked Chicken Fingers | Pizza Bagels |
| VEGETARIAN ENTRÉE | Artichoke filled with Mushroom and Citrus Crust | Cod with Lemon, Olive and Onion Relish | Tomato, Mozzarella, Herb Pesto | Vegetarian Stuffed Peppers | Roasted Tomato, Ricotta and Leek Torte |
| ACCOMPANIAMENTS | Garlic Bread | Golden Crushed Potatoes | Salami, Provolone, Housemade Gardiniera | Toasted Israeli Cous Cous with Roasted Vegetables | Eggplant Parmesan |
| ACCOMPANIAMENTS | Sauteed Zucchini & Yellow Squash | Sauteed Spinach | Roasted Root Vegetable Medley | Broccoli | Sauteed Kale |
| SANDWICH OF THE DAY | Escarole Caesar Salad Wraps | Grilled Vegetable Focaccia | Roasted Vegetable Focaccia | Sunflower Butter ▪ Jelly & Apple | Turkey Cobb and Avocado Wrap |
| ITEMS LISTED BELOW ARE OFFERED ON A ROTATING BASIS | | | | | |
| MAKE YOUR OWN <i>Items are Subject to Change Based on Availability</i> | Sandwich | Ciabata Roll ▪ Bagel Whole Wheat Bread ▪ Rye Gluten Free Bread Tuscan Olive 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 Roasted Vegetables ▪ Cucumbers ▪ Hard Boiled Eggs ▪ Cheeses ▪ Olives | | |
| | | | Balsamic Vinaigrette ▪ Apple Cider Vinaigrette ▪ Caesar Dressing CTY Dressing (citrus - thyme vinaigrette) ▪ Oil & Vinegar | | |
| COMPOSED SALADS | Featured Salads | A Protein Salad A Grain Salad A Vegetable Salad A Special Green Salad | The Featured Salads are Seasonally Based and Customized Daily | | |
| BEVERAGES & DESSERTS <i>Items are Subject to Change Based on Availability</i> | Beverages | Milks ▪ Flavored Waters ▪ Cider ▪ Juice | 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 Baked Fruit Desserts | | |