

LUNCH MENU

WEEK OF FEBRUARY 24TH



a hands-on approach to fresh food

	MONDAY	TUESDAY MARDI GRAS TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUPS OF THE DAY	Minestrone Butternut Squash	Red Bean Chicken Vegetable	French Onion Roasted Red Pepper	Avgolemeono Chick Pea	Chicken Noodle Curry Cauliflower
ENTRÉE	Grilled Flank Steak	Chicken Jambalaya	Sloppy Joes	Chicken Souslavaki	Cheese Pizza Pepperoni Pizza
VEGETARIAN ENTRÉE	Roasted Tomatoes Gremolata	Vegetable Jambalaya	Lentil Sloppy Joe	Spinach Pie	Ricotta, Kale, and Roasted Tomato Pizza
ACCOMPANIAMENTS	Mashed Potatoes	Dirty Rice	Oven Baked Fries	Lemon Cous Cous	Sautéed Spinach
ACCOMPANIAMENTS	Carrots	Braised Collard Greens	Roasted Acorn Squash	Green Beans with Crispy Shallots and Mint	Special Pizza Meatball Pizza
SANDWICH OF THE DAY	Caesar Salad Wrap	Southwestern Wrap Avocado • Black Beans Shredded Cheddar • Salsa	Sunflower Butter • Jelly & Banana	Grilled Vegetable Wrap	Greek Salad Pita
ITEMS LISTED BELOW ARE OFFERED ON A ROTATING BASIS					
MAKE YOUR OWN <i>Items are Subject to Change Based on Availability</i>	Sandwich	Ciabatta 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		