

## Lunch, Saturday, January 16

### Super Food Wrap

Fresh Mushrooms, Tomatoes, Cucumbers, Kale, & Guacamole with Vegan Parmesan Cheese on a Sun-dried Tomato Wrap\*

Served with Baby Carrots, a House-made Hummus Cup, Tortilla Chips, Fruit, & Bottled Water

*\*Soy, Wheat*  
*Vegan*

### House-made Garden Salad with Assorted Beans

Arcadian Harvest Blended Greens, Red Onions, Carrots, and Grape Tomatoes with Assorted Beans, Olive Oil, Lemon Juice

Served with Baby Carrots, a House-made Hummus Cup, Tortilla Chips, Fruit, & Bottled Water

*Vegan*

### Chicken Caesar Wrap

Grilled Chicken, Romaine Lettuce, Grated Parmesan Cheese, & Croutons with a Creamy Caesar Dressing on a Whole Wheat Wrap\*

Served with Baby Carrots, House-made Hummus Cup, Tortilla Chips, Fruit, & Bottled Water

*\*Dairy, Egg, Fish, Wheat*  
*Default Selection*

### House-made Garden Salad with Grilled Chicken

Arcadian Harvest Blended Greens, Red Onions, Carrots, and Grape Tomatoes with Grilled Chicken, Olive Oil, Lemon Juice

Served with Baby Carrots, a House-made Hummus Cup, Tortilla Chips, Fruit, & Bottled Water

## Dinner, Saturday, January 16

### Caramel Crusted Tofu

Sauteed Tofu in a Sweet Asian Style Sauce with Caramelized Onions\*

Served with Roasted Fingerling Potatoes, Brussels Sprouts, Fruit, & Bottled Water

*\*Sesame, Soy*  
*Vegan*

### House-made Garden Salad with Assorted Beans

Arcadian Harvest Blended Greens, Red Onions, Carrots, and Grape Tomatoes with Assorted Beans, Olive Oil, Lemon Juice

Served with Baby Carrots, a House-made Hummus Cup, Tortilla Chips, Fruit, & Bottled Water

*Vegan*

### Seared Halal Chicken Thigh

Halal Compliant Seared Chicken Thigh

Served with Roasted Fingerling Potatoes, Brussels Sprouts, Fruit, & Bottled Water

*Default Selection*

### House-made Garden Salad with Grilled Chicken

Arcadian Harvest Blended Greens, Red Onions, Carrots, and Grape Tomatoes with Grilled Chicken, Olive Oil, Lemon Juice

Served with Baby Carrots, a House-made Hummus Cup, Tortilla Chips, Fruit, & Bottled Water

## Lunch, Sunday, January 17

### Veggie Hummus Wrap

Lettuce, Tomatoes, Shredded Carrots, Roasted Red Peppers, Red Onions, Cucumbers, & Hummus on Sun-dried Tomato Wrap\*

Served with Baby Carrots, a House-made Hummus Cup, Tortilla Chips, Fruit, & Bottled Water

*\*Sesame, Wheat*  
*Vegan*

### House-made Garden Salad with Assorted Beans

Arcadian Harvest Blended Greens, Red Onions, Carrots, and Grape Tomatoes with Assorted Beans, Olive Oil, Lemon Juice

Served with Baby Carrots, a House-made Hummus Cup, Tortilla Chips, Fruit, & Bottled Water

*Vegan*

### Vermont Wrap

Roasted Turkey, Vermont Cabot Cheddar Cheese, Sliced Granny Smith Apples, Sliced Tomatoes, & Leaf Lettuce with Honey Mustard Dressing on a Whole Wheat Wrap\*

Served with Baby Carrots, a House-made Hummus Cup, Tortilla Chips, Fruit, & Bottled Water

*\*Dairy, Egg, Mustard, Wheat*  
*Default Selection*

### House-made Garden Salad with Grilled Chicken

Arcadian Harvest Blended Greens, Red Onions, Carrots, and Grape Tomatoes with Grilled Chicken, Olive Oil, Lemon Juice

Served with Baby Carrots, a House-made Hummus Cup, Tortilla Chips, Fruit, & Bottled Water

## Dinner, Sunday, January 17

### Tofu Cacciatore

Seared Tofu served in a Tomato Sauce\* Served with White Rice, Steamed Broccoli, Fruit, & Bottled Water

*\*Soy, Wheat*  
*Vegan*

### House-made Garden Salad with Assorted Beans

Arcadian Harvest Blended Greens, Red Onions, Carrots, and Grape Tomatoes with Assorted Beans, Olive Oil, Lemon Juice

Served with Baby Carrots, a House-made Hummus Cup, Tortilla Chips, Fruit, & Bottled Water

*Vegan*

### Roasted Turkey Breast

Roasted Turkey Breast with Gluten Free Turkey Gravy\*

Served with Mashed Potatoes, Steamed Corn, Fruit, & Bottled Water

*\*Dairy*  
*Default Selection*

### House-made Garden Salad with Grilled Chicken

Arcadian Harvest Blended Greens, Red Onions, Carrots, and Grape Tomatoes with Grilled Chicken, Olive Oil, Lemon Juice

Served with Baby Carrots, a House-made Hummus Cup, Tortilla Chips, Fruit, & Bottled Water

## Lunch, Monday, January 18

### Mighty Vegan Wrap

Spinach, Red Onion, & Green Peppers served with Sun-Dried Tomato Pesto and Vegan Mozzarella Cheese on a Spinach Wrap\*

Served with Baby Carrots, a House-made Hummus Cup, Tortilla Chips, Fruit, & Bottled Water

*\*Coconut, Soy, Wheat*  
*Vegan*

### House-made Garden Salad with Assorted Beans

Arcadian Harvest Blended Greens, Red Onions, Carrots, and Grape Tomatoes with Assorted Beans, Olive Oil, Lemon Juice

Served with Baby Carrots, a House-made Hummus Cup, Tortilla Chips, Fruit, & Bottled Water

*Vegan*

### Bostonian Sandwich

Roasted Turkey, Provolone Cheese, & Sliced Tomato served with Basil Pesto on an Herbed Flatbread\*

Served with Baby Carrots, a House-made Hummus Cup, Tortilla Chips, Fruit, & Bottled Water

*\*Dairy, Wheat*  
*Default Selection*

### House-made Garden Salad with Grilled Chicken

Arcadian Harvest Blended Greens, Red Onions, Carrots, and Grape Tomatoes with Grilled Chicken, Olive Oil, Lemon Juice

Served with Baby Carrots, a House-made Hummus Cup, Tortilla Chips, Fruit, & Bottled Water

## Dinner, Monday, January 18

### Veggie Tofu Fried Rice

Tofu & Mixed Vegetables Sauteed in Garlic and Tamari with Rice\*

Served with Baked Sweet Potatoes, Steamed Peas, Fruit, & Bottled Water

*\*Soy*  
*Vegan*

### House-made Garden Salad with Assorted Beans

Arcadian Harvest Blended Greens, Red Onions, Carrots, and Grape Tomatoes with Assorted Beans, Olive Oil, Lemon Juice

Served with Baby Carrots, a House-made Hummus Cup, Tortilla Chips, Fruit, & Bottled Water

*Vegan*

### Montreal Chicken

Halal Compliant Seared Chicken Seasoned with a blend of Garlic, Salt, Onion, Black and Red Pepper, and Orange Peel

Served with Brown Rice Pilaf, Steamed Peas, Fruit, Bottled Water

*Default Selection*

### House-made Garden Salad with Grilled Chicken

Arcadian Harvest Blended Greens, Red Onions, Carrots, and Grape Tomatoes with Grilled Chicken, Olive Oil, Lemon Juice

Served with Baby Carrots, a House-made Hummus Cup, Tortilla Chips, Fruit, & Bottled Water

## Lunch, Tuesday, January 19

### Falafel Wrap

Falafel Balls with Lettuce, Tomatoes, and Tahini Paste on a Spinach Wrap\*

Served with Baby Carrots, a House-made Hummus Cup, Tortilla Chips, Fruit, & Bottled Water

*\*Soy, Sesame, Wheat*  
*Vegan*

### House-made Garden Salad with Assorted Beans

Arcadian Harvest Blended Greens, Red Onions, Carrots, and Grape Tomatoes with Assorted Beans, Olive Oil, Lemon Juice

Served with Baby Carrots, a House-made Hummus Cup, Tortilla Chips, Fruit, & Bottled Water

*Vegan*

### California Chicken Wrap

Carrots, Cucumbers, Tomatoes, and Grilled Chicken served with Guacamole on a Whole Wheat Wrap\*

Served with Baby Carrots, a House-made Hummus Cup, Tortilla Chips, Fruit, & Bottled Water

*\*Soy, Wheat*  
*Default Selection*

### House-made Garden Salad with Grilled Chicken

Arcadian Harvest Blended Greens, Red Onions, Carrots, and Grape Tomatoes with Grilled Chicken, Olive Oil, Lemon Juice

Served with Baby Carrots, a House-made Hummus Cup, Tortilla Chips, Fruit, & Bottled Water

## Dinner, Tuesday, January 19

### Vegan Tofu Lasagna

House-made Vegan "Ricotta Cheese", Red Peppers, Zucchini, Mushrooms, Spinach, & Peas with Marinara Sauce, Vegan Mozzarella, & Lasagna Noodles\*

Served with a 12 Grain Roll\*, Steamed Green Beans, Fruit, & Bottled Water

*\*Coconut, Sesame, Soy, Wheat*  
*\*Wheat*  
*Vegan*

### House-made Garden Salad with Assorted Beans

Arcadian Harvest Blended Greens, Red Onions, Carrots, and Grape Tomatoes with Assorted Beans, Olive Oil, Lemon Juice

Served with Baby Carrots, a House-made Hummus Cup, Tortilla Chips, Fruit, & Bottled Water

*Vegan*

### Cheese Lasagna

A Mixture of Ricotta Cheese, Grated Parmesan Cheese, Egg, & Parsley Layered with Marinara Sauce, Mozzarella & Provolone Cheese, & Lasagna Noodles\*

Served with a 12 Grain Roll\*, Steamed Green Beans, Fruit, & Bottled Water

*\*Wheat*  
*Default Selection*

### House-made Garden Salad with Grilled Chicken

Arcadian Harvest Blended Greens, Red Onions, Carrots, and Grape Tomatoes with Grilled Chicken, Olive Oil, Lemon Juice

Served with Baby Carrots, a House-made Hummus Cup, Tortilla Chips, Fruit, & Bottled Water

## Kosher Menu

### Lunch Saturday, January 16

#### Egg Salad Pita

House-made Egg Salad with Lettuce on a Pita\*

Served with Baby Carrots, Hummus Cup\*, Fruit, & Bottled Water

*\*Egg, Mustard, Sesame, Soy, Wheat*  
*\*Sesame*

### Dinner Saturday, January 16

#### Grilled Chicken

Grilled Chicken Thigh

Served with Roasted Red Potatoes\*, Haricot Verts, Fruit, & Bottled Water

*\*Soy*

### Lunch Sunday, January 17

#### Tuna & Tomato Pita

House-made Tuna Salad with Lettuce and Tomatoes on a Pita\*

Served with Baby Carrots, Hummus Cup\*, Fruit, & Bottled Water

*\*Egg, Fish, Mustard, Sesame, Soy, Wheat*  
*\*Sesame*

### Dinner Sunday, January 17

#### Apple Glazed Turkey

Roasted Turkey Thigh with a Honey Apple Glaze\*

Served with Whipped Potatoes\*, Steamed Broccoli, Fruit, & Bottled Water

*\*Mustard,*  
*\*Soy*

### Lunch Monday, January 18

#### Chicken Salad Pita

House-made Chicken Salad served with Sliced Tomatoes on a Pita\*

Served with Baby Carrots, Hummus Cup\*, Fruit, & Bottled Water

*\*Egg, Mustard, Sesame, Soy, Wheat*  
*\*Sesame*

### Dinner Monday, January 18

#### Baked Marinated Chicken

Baked Chicken Thigh Marinated in Italian Dressing

Served with Brown Rice, Green Peas, Fruit, & Bottled Water

### Lunch Tuesday, January 19

#### Falafel Pita

Falafel Balls with Lettuce, Tomatoes, Cucumbers, and House-made Tahini Sauce served on a Pita\*

Served with Baby Carrots, Hummus Cup\*, Fruit, & Bottled Water

*\*Sesame, Soy, Wheat*  
*\*Sesame*

### Dinner Tuesday, January 19

#### Beef & Vegetable Lasagna

A Mixture of Ground Beef, Spinach, Peppers, & Onions Layered with Marinara Sauce & Lasagna Noodles\*

Served with a Garlic Bread Stick\*, Haricot Verts, Fruit, & Bottled Water

*\*Wheat*  
*\*Soy, Wheat*