

# Modified Menu 2023



You may receive for MONDAYS:	You may receive for TUESDAYS:	You may receive for WEDNESDAYS:	You may receive for THURSDAYS:	You may receive for FRIDAYS:
<p><b>Soup/Salad:</b>            Cuban Black Bean / Basil Macaroni            Cannellini Bean &amp; Barley / Bulgur            Wheat &amp; Lentils            Caramelized Onion / Green Quinoa            Curried Carrot / Farro Beet</p>	<p><b>Soup:</b>            Split Pea Soup            Curried Red Beet            Coconut Curry            Corn Gazpacho</p>	<p><b>Soup/Salad:</b>            Puree of Mushroom / Roasted Chickpea            Salad with Kale            Smoky Three Bean / Couscous Salad            with Mint &amp; Sumac            Puree of Parsnip/ Asian Brown Rice &amp;            Edamame Salad            Pureed Spinach / Black Lentil Herb Salad</p>	<p><b>Soup:</b>            Turmeric Lemongrass            Puree of Summer Squash            Butternut Squash Puree            Quinoa Vegetable</p>	<p><b>Soup:</b>            Potato White Bean            Lemony Lentil            Curried Potato            Smoky Eggplant</p>
<p><b>Whole Grain Roll</b></p>	<p><b>Whole Grain Roll</b></p>	<p><b>Whole Grain Roll</b></p>	<p><b>Whole Grain Roll</b></p>	<p><b>Whole Grain Roll</b></p>
<p><b>Entrée:</b>            Filipino Beef            Garlic Egg Rice            Mixed Vegetables</p> <p>Southern Meatloaf            Sweet Potato Mash            Mixed Vegetables</p> <p>Coriander Beef Stew            Yellow Rice            Mixed Vegetables</p> <p>Beef Sliders with            Honey Onion Glaze            Basil Mash            Mixed Vegetables</p>	<p><b>Entrée:</b>            Roasted Fish with Pesto            Spinach Rice Pilaf            Mixed Vegetables</p> <p>Pollock Filet with Tarragon            Mushroom Thyme Rice            Mixed Vegetables</p> <p>South East Asian Pollock            Roasted Garlic &amp;            Onion Mashed Potatoes            Mixed Vegetables</p> <p>Northern Italian Pollock            Pesto Shells            Mixed Vegetables</p>	<p><b>Entrée:</b>            Seasonal Vegetable Stir Fry            White Rice            Mixed Vegetables</p> <p>Beet &amp; Spinach Stew            Onion Rice            Mixed Vegetables</p> <p>Local Vegetable Stew            White Rice            Mixed Vegetables</p> <p>Vegan Vegetable Casserole            Mixed Vegetables</p>	<p><b>Entrée:</b>            Baked Fish with Honey Mustard            Sauce            Sweet Potato Mash            Mixed Vegetables</p> <p>Fish Meatballs and Macaroni            Mixed Vegetables</p> <p>Garlic Honey Glazed Fish            Scallion Edamame Rice            Mixed Vegetables</p> <p>Fishcake with            Root Veg Mash            Mixed Vegetables</p>	<p><b>Entrée:</b>            Coconut Chicken            Red Quinoa Rice            Mixed Vegetables</p> <p>Roasted Chicken Thigh            Vegetable Orzo            Mixed Vegetables</p> <p>Creamy Chicken and            Spinach Stew            Yellow Rice</p> <p>Chicken with Okra            Black-eyed Pea Rice            Mixed Vegetables</p>
<p><b>Dessert:</b>            In-house Baked Cookie</p>	<p><b>Dessert:</b>            Fruit Cup</p>	<p><b>Dessert:</b>            Fruit Cup</p>	<p><b>Dessert:</b>            Crumb Cake</p>	<p><b>Dessert:</b>            Fruit Cup</p>

\*All soups and salads are vegetarian.

\*\*Menus are subject to change without prior notice. May contain soy, eggs, and wheat.