



October 2019

www.thelunchmob.co

	Entrees / Soups & Salads	Sandwiches & Wraps	Snacks & Sides (available for a la carte purchase)
Mondays Oct 7 Oct 14 Oct 21 Oct 28	Crunchy Oven Baked Chicken Strips (NF) Breakfast Burrito (NF) *Three Cheese Macaroni (NF) *Homemade Tomato Soup (NF)	*Veggie Lunch Wraps (DF,NF) BBQ Chicken Sliders (DF,NF)	*Homemade Granola (DF,GF,NF) *Mixed Berry & Yogurt Parfait (GF,NF)
Tuesdays Oct 1 Oct 8 Oct 15 Oct 22 Oct 29	California Roll Sushi (GF,DF,NF) Turkey Meatloaf w/ Cauliflower Mash (NF,DF) Spaghetti Squash & Meatballs w/ Marinara (NF, vegetarian upon request) Homestyle Chicken Noodle Soup (DF,NF)	*Grilled Tomato & Three Cheese (NF) *NEW ITEM - Chicken Quesadilla (NF)	*Chocolate Avocado Pudding (DF,GF,NF) *Fresh Guacamole & Chips (DF,NF)
Wednesdays Oct 9 Oct 16 Oct 23 Oct 30	Spaghetti Bolognese (NF, Vegetarian upon request) Crunchy Oven Baked Chicken Strips (NF) *Thai Green Curry with Tofu (NF) Chicken Caesar Salad (NF)	Turkey Meatloaf Sandwich (NF) *Veggie Lunch Wraps (DF,NF)	*Carrot French Fries (DF,GF,NF) *Banana-Oat Snack Bites (NF)
Thursdays Oct 3 Oct 10 Oct 17 Oct 24 Oct 31	*Three Cheese Macaroni (NF) Homemade Whole Grain Pizza Pockets (NF) Chicken Adobo with Rice and Green Beans (NF) Chicken Caesar Salad (NF)	*Brown Rice & Bean Burrito (NF,DF upon request) Super Sloppy Joes (DF,NF)	*Oven Baked Sweet Potato Fries (DF,GF,NF) *BBQ Kale Chips (DF,GF,NF)
Fridays Oct 4 Oct 11 Oct 18 Oct 25	California Roll Sushi (GF,DF,NF) Fajita Rice Bowl w/ Bell Peppers & Corn (GF, NF) Spaghetti Bolognese (NF, Vegetarian upon request) Broccoli and Cheese Chowder (NF)	Fish Sandwich (NF) *NEW ITEM - Chicken Quesadilla (NF)	*Hummus & Pita (DF,NF) *Homemade Granola (DF,GF,NF)

DF - Dairy Free, GF - Gluten Free, NF - Nut Free; while we do offer gluten-free and nut free items, our kitchen **IS NOT** a gluten-safe or nut-safe facility.

* Vegetarian (most items can be made vegetarian upon request)

** Bagel w/ Cream Cheese (NF), Sunbutter & Raspberry Preserves (NF,DF), & Rice Crackers w/ Tuna Salad Spread (GF,NF,DF) are also available daily and as EMERGENCY LUNCHES.

EMERGENCY LUNCHES OFFERED ON DAY OF SERVICE & MUST BE ORDERED NO LATER THAN 8AM.

75% credit is available for cancellations received by 7:30AM day of service. E-mail cancellations to support@thelunchmob.co

For more info on above menu items, go to www.thelunchmob.co