



January 2023

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	Entrees	**Sandwiches/Wraps, Soup/Salad	Snacks & Sides (available for a la carte purchase)
Mondays Jan 2 (CLOSED) Jan 9 Jan 16 (MLK Holiday) Jan 23 Jan 30	Roasted Chicken & Potatoes w/ Cilantro Sauce (DF,GF,NF) *Baked Chimichanga (NF) *Three Cheese Macaroni (NF)	Mini Meatball Sliders (NF) Chicken Caesar Salad (NF, Vegetarian upon request)	*Creamy Fruit Salad (GF,NF)
Tuesdays Jan 3 Jan 10 Jan 17 Jan 24 Jan 31	Oven Baked Chicken Strips (NF) Spaghetti Bolognese (NF, Vegetarian upon request) *Three Cheese Macaroni (NF)	*Veggie Lunch Wrap (DF,NF) Chicken and Potato Chowder (NF)	*Hummus & Pita (DF,NF)
Wednesdays Jan 4 Jan 11 Jan 18 Jan 25	Oven Baked Chicken Strips (NF) Chicken Alfredo Pasta (NF) California Roll (GF,DF,NF)	Mini Meatball Sliders (NF) *Broccoli and Cheese Chowder (NF)	*Fresh Guacamole & Chips (DF,NF)
Thursdays Jan 5 Jan 12 Jan 19 Jan 26	Thai Chicken Curry Spaghetti Bolognese (NF, Vegetarian upon request) Chicken Chow Mein (NF, Vegetarian upon request)	Cheeseburger (NF) Chicken Caesar Salad (NF, Vegetarian upon request)	*Spiced Oven Baked Potato Wedges (DF,GF,NF)
Fridays Jan 6 Jan 13 Jan 20 Jan 27	Oven Baked Fish Sticks (NF) *Buttered Noodles (NF) Beef Stroganoff (NF)	Chicken Cutlet & Mozz Sandwich (NF) Chicken and Potato Chowder (NF)	*Hummus & Pita (DF,NF)

* Indicates vegetarian item

** Whole Grain Bagel w/ Cream Cheese (nut free), Sunbutter & Raspberry Preserves (nut free & dairy free) ,
 Rice Crackers with Tuna Salad Spread (gluten free, nut free, & dairy free), and Cheese Quesadilla (nut free) available daily.

DF - Dairy Free, GF - Gluten Free, NF - Nut Free

Please note that while we do offer gluten-free and nut free items, our kitchen is not a gluten free or nut free facility.