



Sep 2023

www.thelunchmob.co

	Entrees	**Sandwiches/Wraps, Soup/Salad	Snacks & Sides (available for a la carte purchase)
Mondays Sep 4 (LABOR DAY) Sep 11 Sep 18 Sep 25	Oven Fried Chicken & String Beans (NF) Chicken Soft Tacos (NF,GF) *Three Cheese Macaroni (NF)	*Brown Rice & Bean Burrito (NF) Chicken Caesar Salad (NF) (Vegetarian upon request)	*Spiced Oven Baked Potato Wedges (DF,GF,NF)
Tuesdays Sep 5 Sep 12 Sep 19 Sep 26	*Buttered Noodles (NF) Oven Baked Chicken Strips (NF) *Spaghetti with Marinara Sauce (DF,NF)	Baja Chicken Sandwich (NF) New Item - Creamy Lemon Chicken Rice Soup (GF,NF)	*Fresh Guacamole & Chips (DF,NF)
Wednesdays Sep 6 Sep 13 Sep 20 Sep 27	*Three Cheese Macaroni (NF) Oven Baked Chicken Strips (NF) Chicken Pesto Pasta (NF, Vegetarian upon request)	Cheeseburger (NF) Chicken Caesar Salad (NF) (Vegetarian upon request)	New Item - Potato Salad (GF,NF)
Thursdays Sep 7 Sep 14 Sep 21 Sep 28	California Rolls (GF,DF,NF) Cold Asian Soba Noodles (DF,NF) *Spaghetti with Marinara Sauce (DF,NF)	Super Sloppy Joe (NF) Chicken Caesar Salad (NF) (Vegetarian upon request)	*Chia Pudding (DF,GF,NF)
Fridays Sep 1 Sep 8 Sep 15 Sep 22 Sep 29	Fish Soft Tacos (NF) Bibimbap Korean Rice Bowl (NF,DF) *Buttered Noodles (NF)	*Brown Rice & Bean Burrito (NF) New Item - Creamy Lemon Chicken Rice Soup (GF,NF)	*Mixed Berry & Yogurt Parfait (GF,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.