

Weekly Lunch Menu

09/26 - 09/30/2011

MONDAY

- Broccoli & Cheddar Soup
- Broccoli & Carrot Salad
- Watermelon
- Cantaloupe
- House-Roasted Turkey Breast
- Baked Ham
- Tuna Salad
- Roasted Vegetables on Whole Wheat Roll
- Chicken Salad
- Whole Wheat Spaghetti with Marinara
- Garlic Cheese Bread
- Fresh Seasoned Green Beans
- Steamed Array of Vegetables
- Squash & Carrot Medley
- Pepperoni Stromboli
- Fresh Melon Spa Water

TUESDAY

- Cantaloupe Soup
- Mozzarella, Tomato & Lettuce Salad
- Garbanzo & Cucumber Salad
- Watermelon
- Grapes
- House-Roasted Turkey Breast
- Baked Ham
- Tuna Salad
- Egg Salad
- Caprese Pita
- Baked 8 Cut Chicken
- Bulgur Pilaf
- Autumn Mixed Vegetables
- Barley & Cheddar Stuffed Tomatoes
- Buttery Peas & Pearl Onions
- Baked Ziti
- Watermelon Spa Water

WEDNESDAY

- Corn Chowder
- Harvest Salad
- Marinated Cucumbers & Radish Salad
- Honeydew
- Peaches
- House-Roasted Turkey Breast
- Baked Ham
- Tuna Salad
- Tarragon Chicken Salad
- Grilled Marinated Vegetable Wrap
- Sloppy Joes
- Quinoa Fennel Pilaf
- California Vegetable Medley
- Green Beans & Mushrooms
- Roasted Rosemary Red Potatoes
- Bow-Tie Pesto Pasta
- Peach Spa Water

THURSDAY

FRIDAY

Weekly Lunch Menu

10/03 - 10/07/2011

MONDAY

- Sweet & Sour Soup
- Spinach Pasta Salad
- Tabouleh
- Watermelon
- Grapes
- House-Roasted Turkey Breast
- Baked Ham
- Tuna Salad
- Grilled Marinated Vegetable Wrap
- Garlic Chicken Pesto Roll-Ups
- Grilled Kentucky Bison Franks
- Macaroni & Cheese
- Grilled Stuffed Portabella Mushrooms
- Sautéed Green Beans with Shallots & Garlic
- Roasted Vegetable Medley
- Vegetable Calzone
- Honeydew Melon Spa Water

TUESDAY

- Chilled Watermelon Gazpacho
- Spinach Salad
- Black Bean & Sweet Corn Salad
- Pineapple
- Honeydew
- House-Roasted Turkey Breast
- Baked Ham
- Tuna Salad
- Foxhollow Farms Beef Gyro
- Baked Lemon Herb Tilapia
- Rice Pilaf
- Sautéed Broccoli & Mushrooms
- Steamed Carrots
- Buttery Peas & Pearl Onions
- Whole Wheat Basil Penne Pasta
- Orange Cranberry Spa Water

WEDNESDAY

- Chicken Noodle Soup
- Watermelon & Tomato Salad
- Asian Noodle Salad
- Apples
- Cantaloupe
- House-Roasted Turkey Breast
- Baked Ham
- Tuna Salad
- Mozzarella with Grilled Tomato & Onion Sandwich
- Roast Foxhollow Farms Beef & Cheddar Melt
- Parsley Red Potatoes
- Morningstar Farms® Vegetable or Black Bean Burger
- Braised Brussels Sprouts
- Garlic Broccoli
- Baked Macaroni & Cheese
- Pineapple Spa Water

THURSDAY

- Asian Beef Noodle Soup
- Tomato, Spinach, & Orzo Salad
- Creamy Horseradish Coleslaw
- Honeydew
- Grapes
- House-Roasted Turkey Breast
- Honey Ham
- Tuna Salad
- Greek Pita Pocket
- All Cheese Lasagna
- Lasagna with Meat Sauce
- Breadsticks
- Garlic Herb Butter
- Spinach
- Yellow Squash
- Pasta Primavera
- Melon Mint Spa Water

FRIDAY

- Cream of Broccoli Soup
- Mediterranean Quinoa Salad
- Garden Vegetable Spread
- Fresh Fruit Salad
- House-Roasted Turkey Breast
- Honey Ham
- Tuna Salad
- Grilled Vegetable Ciabatta
- Pulled BBQ Chicken Sandwich
- Cheesy Spicy Grits
- Green Beans & Mushrooms
- Garlic Broccoli
- Apple Cobbler
- Apple Cranberry Spa Water



Weekly Lunch Menu

10/10 - 10/14/2011

MONDAY

- Cream of Mushroom Soup
- Vegetable Panzanella Salad
- BLT Salad
- Peaches
- Blueberries
- Plain Yogurt
- House-Roasted Turkey Breast
- Honey Ham
- Tuna Salad
- Roasted Veggie & Feta Pita
- Kentucky Bison Taco
- Flour Tortillas
- Spanish Rice
- Fiesta Corn
- Sautéed Peppers & Onions
- Southwestern Black Beans
- Pizza Bagels
- Watermelon Spa Water

TUESDAY

- Black Bean Soup with Cumin & Cilantro
- Chef's Salad
- Corn & Rice Salad
- Pineapple
- Oranges
- House-Roasted Turkey Breast
- Honey Ham
- Tuna Salad
- Spinach Spread Wrap
- Chicken Fingers
- Roasted Potatoes
- Brussels Sprouts Dijon
- Steamed Peas
- Barley & Cheddar Stuffed Tomatoes
- Steamed Baby Carrots
- Bow-Tie Pesto Pasta
- Peach Spa Water

WEDNESDAY

- Cream of Tomato Soup
- Arugula & Red Onion Salad
- Broccoli & Carrot Salad
- Apples
- Cantaloupe
- House-Roasted Turkey Breast
- Honey Ham
- Tuna Salad
- Grilled Marinated Portabella Focaccia
- Cheese Pizza
- Vegetable Lovers Pizza
- Pepperoni Pizza
- California Vegetable Medley
- Fresh Seasoned Green Beans
- Fusilli with Sweet Peppers
- Pineapple Spa Water

THURSDAY

- Garden Fresh Vegetable Soup
- Fall Harvest Salad
- Vegetable Barley Salad
- Honeydew
- Grapes
- House-Roasted Turkey Breast
- Honey Ham
- Tuna Salad
- Grilled Marinated Vegetable Wrap
- Herb Roasted Chicken Breast
- Scallion Couscous
- Steamed Fresh Green Beans
- Steamed Seasoned Broccoli
- Sweet Potato Souffle
- Pepperoni Stromboli
- Canteloupe Spa Water

FRIDAY

- Gazpacho
- Fruited Spinach Salad
- Green Bean & Tomato Salad
- Grapefruit
- Nectarines
- House-Roasted Turkey Breast
- Honey Ham
- Tuna Salad
- Chicken Waldorf Salad
- Toasted Italian Subs
- Parmesan Herb Grits
- Roasted Button Mushrooms
- Sautéed Sicilian Vegetables
- Sautéed Spinach
- Cucumber Mint Spa Water



Weekly Lunch Menu

10/17 - 10/21/2011

MONDAY

- Creamy Tomato Basil Soup
- Greek Salad
- Grilled Chicken Caesar Salad
- Strawberries
- Pear
- House-Roasted Turkey
- Honey Ham
- Tuna Salad
- Egg Salad
- Barbecue Pulled Pork Sandwich
- BBQ Portabella Sandwich (Vegan)
- Rice Pilaf
- Sautéed Vegetable Medley
- Seasoned Lima Beans
- Herb Butter Pasta
- Grapefruit Spa Water

TUESDAY

- Chicken Noodle Soup
- Dill Potato Salad
- Mediterranean Barley Salad (Whole Grain)
- Orange
- Apple
- House-Roasted Turkey
- Honey Ham
- Tuna Salad
- Mediterranean Wrap
- Chicken Fajitas
- Southwest Quinoa
- Black Beans
- Sautéed Peppers & Onions
- Fresh Southwestern Vegetable Mix
- Cheesy Shell Lasagna
- Pear Cranberry Spa Water

WEDNESDAY

- Tortilla Soup with Corn & Black Beans
- Bulgur Wheat with Roasted Vegetable Salad
- ●●● Classic Cobb Salad (Build Your Own)
- Peach
- Blueberries
- House-Roasted Turkey
- Honey Ham
- Tuna Salad
- Whole Wheat Pasta
- Alfredo Sauce
- Vegetable Medley
- Fresh Sautéed Spinach
- Green Beans & Mushrooms
- Stromboli
- Orange Spa Water

THURSDAY

FRIDAY

Weekly Lunch Menu

10/24 - 10/28/2011

MONDAY

- Broccoli & Cheddar Soup
- Broccoli & Carrot Salad
- Watermelon
- Cantaloupe
- House-Roasted Turkey Breast
- Baked Ham
- Tuna Salad
- Roasted Vegetables on Whole Wheat Roll
- Chicken Salad
- Whole Wheat Spaghetti with Marinara
- Garlic Cheese Bread
- Fresh Seasoned Green Beans
- Steamed Array of Vegetables
- Squash & Carrot Medley
- Pepperoni Stromboli
- Fresh Melon Spa Water

TUESDAY

- Cantaloupe Soup
- Mozzarella, Tomato & Lettuce Salad
- Garbanzo & Cucumber Salad
- Watermelon
- Grapes
- House-Roasted Turkey Breast
- Baked Ham
- Tuna Salad
- Egg Salad
- Caprese Pita
- Baked 8 Cut Chicken
- Bulgur Pilaf
- Autumn Mixed Vegetables
- Barley & Cheddar Stuffed Tomatoes
- Buttery Peas & Pearl Onions
- Baked Ziti
- Watermelon Spa Water

WEDNESDAY

- Corn Chowder
- Harvest Salad
- Marinated Cucumbers & Radish Salad
- Honeydew
- Peaches
- House-Roasted Turkey Breast
- Baked Ham
- Tuna Salad
- Tarragon Chicken Salad
- Grilled Marinated Vegetable Wrap
- Sloppy Joes
- Quinoa Fennel Pilaf
- California Vegetable Medley
- Green Beans & Mushrooms
- Roasted Rosemary Red Potatoes
- Bow-Tie Pesto Pasta
- Peach Spa Water

THURSDAY

- Garden Vegetable Soup with Beans
- Vegetable Barley Salad
- Roasted Chilled Beets
- Strawberries
- Apricots
- House-Roasted Turkey Breast
- Baked Ham
- Tuna Salad
- Mediterranean Vegetable Wrap
- Baked Ham & Cheese Baguette with Dijonnaise
- Red Beans & Brown Rice
- Sauteed Sicilian Vegetables
- Sauteed Mushrooms & Onions
- Calzone
- Peach & Blueberry Spa Water

FRIDAY

- Potato & Wild Rice Soup
- Italian Tossed Salad
- English Cucumber & Tomato Salad
- Fresh Fruit Salad
- House-Roasted Turkey Breast
- Baked Ham
- House-Roasted Foxhollow Farms Beef
- Tuna Salad
- Teriyaki Chicken & Vegetable Stir-Fry
- Fried Rice with Chicken Stock
- Steamed Snap Peas
- Teriyaki Vegetables
- Green Beans with Coriander & Garlic
- Strawberry Mint Spa Water



Weekly Lunch Menu

10/31 - 11/04/2011

MONDAY

- Sweet & Sour Soup
- Spinach Pasta Salad
- Tabbouleh
- Watermelon
- Grapes
- House-Roasted Turkey Breast
- Baked Ham
- Tuna Salad
- Grilled Marinated Vegetable Wrap
- Garlic Chicken Pesto Roll-Ups
- Grilled Kentucky Bison Franks
- Macaroni & Cheese
- Grilled Stuffed Portabella Mushrooms
- Sauteed Green Beans with Shallots & Garlic
- Roasted Vegetable Medley
- Vegetable Calzone
- Honeydew Melon Spa Water

TUESDAY

- Chilled Watermelon Gazpacho
- Spinach Salad
- Black Bean & Sweet Corn Salad
- Pineapple
- Honeydew
- House-Roasted Turkey Breast
- Baked Ham
- Tuna Salad
- Foxhollow Farms Beef Gyro
- Baked Lemon Herb Tilapia
- Rice Pilaf
- Sauteed Broccoli & Mushrooms
- Steamed Carrots
- Buttery Peas & Pearl Onions
- Whole Wheat Basil Penne Pasta
- Orange Cranberry Spa Water

WEDNESDAY

- Chicken Noodle Soup
- Watermelon & Tomato Salad
- Asian Noodle Salad
- Apples
- Cantaloupe
- House-Roasted Turkey Breast
- Baked Ham
- Tuna Salad
- Mozzarella with Grilled Tomato & Onion Sandwich
- Roast Foxhollow Farms Beef & Cheddar Melt
- Parsley Red Potatoes
- Morningstar Farms® Vegetable or Black Bean Burger
- Braised Brussels Sprouts
- Garlic Broccoli
- Baked Macaroni & Cheese
- Pineapple Spa Water

THURSDAY

- Asian Beef Noodle Soup
- Tomato, Spinach, & Orzo Salad
- Creamy Horseradish Coleslaw
- Honeydew
- Grapes
- House-Roasted Turkey Breast
- Honey Ham
- Tuna Salad
- Greek Pita Pocket
- All Cheese Lasagna
- Lasagna with Meat Sauce
- Breadsticks
- Garlic Herb Butter
- Spinach
- Yellow Squash
- Pasta Primavera
- Melon Mint Spa Water

FRIDAY

- Cream of Broccoli Soup
- Mediterranean Quinoa Salad
- Garden Vegetable Spread
- Fresh Fruit Salad
- House-Roasted Turkey Breast
- Honey Ham
- Tuna Salad
- Grilled Vegetable Ciabatta
- Pulled BBQ Chicken Sandwich
- Cheesy Spicy Grits
- Green Beans & Mushrooms
- Garlic Broccoli
- Apple Cobbler
- Apple Cranberry Spa Water



Weekly Lunch Menu

11/07 - 11/11/2011

MONDAY

- Cream of Mushroom Soup
- Vegetable Panzanella Salad
- BLT Salad
- Peaches
- Blueberries
- Plain Yogurt
- House-Roasted Turkey Breast
- Honey Ham
- Tuna Salad
- Roasted Veggie & Feta Pita
- Kentucky Bison Taco
- Flour Tortillas
- Spanish Rice
- Fiesta Corn
- Sautéed Peppers & Onions
- Southwestern Black Beans
- Pizza Bagels
- Watermelon Spa Water

TUESDAY

- Black Bean Soup with Cumin & Cilantro
- Chef's Salad
- Corn & Rice Salad
- Pineapple
- Oranges
- House-Roasted Turkey Breast
- Honey Ham
- Tuna Salad
- Spinach Spread Wrap
- Chicken Fingers
- Roasted Potatoes
- Brussels Sprouts Dijon
- Steamed Peas
- Barley & Cheddar Stuffed Tomatoes
- Steamed Baby Carrots
- Bow-Tie Pesto Pasta
- Peach Spa Water

WEDNESDAY

- Cream of Tomato Soup
- Arugula & Red Onion Salad
- Broccoli & Carrot Salad
- Apples
- Cantaloupe
- House-Roasted Turkey Breast
- Honey Ham
- Tuna Salad
- Grilled Marinated Portabella Focaccia
- Cheese Pizza
- Vegetable Lovers Pizza
- Pepperoni Pizza
- California Vegetable Medley
- Fresh Seasoned Green Beans
- Fusilli with Sweet Peppers
- Pineapple Spa Water

THURSDAY

- Garden Fresh Vegetable Soup
- Fall Harvest Salad
- Vegetable Barley Salad
- Honeydew
- Grapes
- House-Roasted Turkey Breast
- Honey Ham
- Tuna Salad
- Grilled Marinated Vegetable Wrap
- Herb Roasted Chicken Breast
- Scallion Couscous
- Steamed Fresh Green Beans
- Steamed Seasoned Broccoli
- Sweet Potato Souffle
- Pepperoni Stromboli
- Canteloupe Spa Water

FRIDAY

- Gazpacho
- Fruited Spinach Salad
- Green Bean & Tomato Salad
- Grapefruit
- Nectarines
- House-Roasted Turkey Breast
- Honey Ham
- Tuna Salad
- Chicken Waldorf Salad
- Toasted Italian Subs
- Parmesan Herb Grits
- Roasted Button Mushrooms
- Sautéed Sicilian Vegetables
- Sautéed Spinach
- Cucumber Mint Spa Water

