

	Tuesday	Wednesday	Thursday	Friday	
Week 1	April 21, 2025	April 22, 2025	April 23, 2025	April 24, 2025	April 25, 2025
Soup	Lemon cage Free Chicken Orzo	Diestel Turkey Rice (MWOG)	Potato Chowder (V) (MWOG)	Tomato Bisque (V) (MWOG)	Egg & Corn Soup (V) (MWOG)
Global adventures	Grilled Cheese (V) & Ham Sandwiches	Penne Pasta & Pesto Sauce (V)	Crispy Chicken Tenders	Carne Asada Tacos (MWOG)	Orange Honey Cage Free Chicken
Side	French Fries (MWOG)	Marinara Sauce (VG)	Mashed Potatoes & Gravy (V)	Black Beans & Yellow Rice (VG)	Jasmine Rice (VG)
Vegetable	Grilled Corn & Carrots (VG)	Spring Vegetables (VG)	Peas & Carrots (VG)	Spring Vegetables (V)	Cabbage & Carrots (VG)
Fresh Fruit	Fresh Fruit (VG)	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)
Deli Counter	Turkey Sandwiches	Chicken Sandwiches	Ham Sandwiches	Cage Free Egg Salad Sandwiches (V)	Roasted Turkey Sandwiches
Eat Your Greens!	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)
Live Well (Veggie Menu)	Butternut & Black Bean Taco (	Buffalo Cauliflower (VG)	Veggie Pad Thai	Bang Bang Sweet Potatoes (MWOG)	Vegetarian Lasagna (MWOG)
Vegan Bar (Menu)	Vegetable Curry with Brown Rice (MWOG)	Gluten Free Pasta & Marinara (MWOG)	Quinoa Pilaf MTO (MWOG)	Black Beans & Rice Crispy Taco (MWOG)	Broccoli & Tofu Stir Fry MTO (MWOG)
Buddha Bowl	Roasted Saffron Cauliflower (MWOG)	Bibimbap Salad (MWOG)	Jamaican Jerk (MWOG)	Crunchy Asian Ramen Salad (MWOG)	Tostada Bowl (MWOG)
Week 2	April 28, 2025	April 29, 2025	April 30, 2025	May 1, 2025	May 2, 2025
Soup	Tortilla Soup (V) (MWOG)	Healthy Kale & Quinoa Soup (VG)	Tofu Miso Soup (VG)	Thai Broccoli (V) (MWOG)	French Onion Soup (V) (MWOG)
Global adventures	Cage Free Chicken, Cheese Quesadillas	Spaghetti & Meatballs	Grilled Teriyaki Chicken	All Beef Mini Hot Dogs	SD Home Made assorted PIZZA
Side	Spanish Rice & Refried Beans (VG)	Garlic Bread & Parmesan Cheese (V)	Sticky Rice & Chow Mein (VG)	House Made French Fries (VG)	SD Home Made Cheese PIZZA (V)
Vegetable	Spring Vegetables (V)	Organic Beet & Organic Carrots (V)	Sautéed Cabbage (V)	Butternut Squash (V)	Steam Broccoli & Carrots (V)
Fresh Fruit	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)
Deli Counter	Turkey Sandwiches	Chicken Sandwiches	Ham Sandwiches	Roast Beef Sandwiches	Roasted Turkey Sandwiches
Eat Your Greens!	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)
Live Well (Veggie Menu)	Kale Quiche (V)	Pizza Bites (V)	Chile Reyenos Baked	Mushroom Tetrazzini & Brown Rice (VG)	weet Potatoes & Corn Enchiladas (MWOG)
Vegan Bar (Menu)	Butternut Squash, Black Bean Tacos (VG)	Gluten Free Pasta & Pesto, Marinara (V)	Organic Brown Fried Rice Bar MTO	Garlic Sesame Noodles & Tofu (VG)	Wild Mushrooms Paella (MWOG)
Buddha Bowl	Pomegranate Salad (MWOG)	7 Dip Layer Bowl (MWOG)	Poke bowl Tuna Salad (MWOG)	Spring Fusion Gyoza (MWOG)	Dragon Bowl & Prawns (MWOG)
Week 3	May 5, 2025	May 6, 2025	May 7, 2025	May 8, 2025	May 9, 2025
Soup	Green Chicken Pozole (MWOG)	Alphabet Soup (V)	Wonton Soup	Tortellini Soup (V)	Organic Roasted Tomato (V)
Global adventures	Grilled Steak Burritos	Penne Pasta & Bolognese Sauce	Grilled Rosemary Lemon Chicken	Nacho Bar & Beef Steak, Cheese	Jerk Cage Free Chicken
Side	Yellow Rice, Beans (VG)	Penne Pasta & Marinara (V)	Scallop Potatoes (V)	Spanish Rice & Black Beans (VG)	Dirty Rice or Mac & Cheese (V)
Vegetable	Spring Vegetables (V)	Garlic Bread & Parmesan Cheese	Crispy Polenta Cakes	Fresh Grilled Corn (V)	Collard Greens (VG)
Fresh Fruit	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)
Deli Counter	Turkey Sandwiches	Chicken Sandwiches	Ham Sandwiches	Roasted Turkey Sandwiches	Tuna Salad Sandwiches (V)
Eat Your Greens!	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)
Live Well (Veggie Menu)	Carrot Tart & Ricotta (V)	Kung Pao Broccoli, Tofu (MWOG)	Veggie Wraps MTO (MWOG)	Vegetarian Empanadas (VG)	Egg Plant Curry & Corn Bread (V)
Vegan Bar (Menu)	Spicy Mango & Chili Lime (MWOG)	uten Free Pasta, Pesto & Marinara (MWOG)	Quinoa & Fennel Sauté (VG)	Grilled Portobello & Chimichurri (MWOG)	Fried Plantain (MWOG)
Buddha Bowl	Poky Bowl & Lime Dressing (MWOG)	Spaghetti Squash (MWOG)	Quinoa Burrito (MWOG)	Chop Salad (MWOG)	Waffle Tofu & Grilled Pineapple (MWOG)
Week 4	May 12, 2025	May 13, 2025	May 14, 2025	May 15, 2025	
Soup	Diestel Turkey and Rice	Wild Rice & Mushroom Soup (V)	Cage Free Chicken Thai	Italian Wedding Soup	Broccoli & Cheddar (V) (MWOG)
Global adventures	Pork Carnitas Tacos	Cheese Tortellini with Alfredo Sauce	Crispy Chicken Drum Sticks	Tempura Fish Sticks & Grilled Fish	SD Home Made assorted PIZZA
Side	Lime Rice Black Beans (VG)	House Made Garlic Bread (V)	Mashed Potatoes & Gravy (V)	Home made Fries (VG)	SD Home Made Cheese PIZZA (V)
Vegetable	Roasted Cauliflower (VG)	Spring Vegetables (V)	Steam Broccoli (VG)	Grilled Corn and Peas (V)	Spring Vegetables (V)
Fresh Fruit	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)
Deli Counter	Turkey Sandwiches	Chicken Sandwiches	Ham Sandwiches	Roast Beef Sandwiches	Roasted Turkey Sandwiches
Eat Your Greens!	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)
Live Well (Veggie Menu)	Nacho Bar MTO (MWOG)	Home Made Country Frittata (V)	Hummus Over Pita Bread (V)	Mushrooms Asparagus & Feta Packets (V)	Ice Cream Bar MTO (V)
Vegan Bar (Menu)	weet Potatoes Stew over Basmati Rice (VG)	Gluten Free Pasta & Pesto or Marinara (VG)	Vegetarian Sushi (VG)	Sun-Dried Tomato, Basil Balsamic Bucatini (V)	Chickpea, Vegie & Coconut Curry (V)
Buddha Bowl	Turmeric Chickpeas (MWOG)	Burrito Bowl (MWOG)	Mediterranean Salad (MWOG)	Forbidden Rice (MWOG)	Spicy Chipotle Cauliflower (MWOG)
Week 5	May 19, 2025	May 20, 2025	May 21, 2025	May 22, 2025	May 23, 2025
Soup	Cage Free Chicken Noodles Soup	Vegan Chili (V) (MWOG)	Chicken Enchilada Sou (MWOG)	Gnocchi Soup (V)	Sweet Potato Soup (V) (MWOG)
Global adventures	HM Cheese & Chicken Flautas	Penne Pasta & Cheese Sauce	Grilled Teriyaki Chicken	Basian Farm Meatball, HM Sweet Baguette	Cage Free Chicken Tikka
Side	Arroz Blanco & Refried Beans (VG)	Marinara Sauce	Vegetarian Egg Rolls (V)	Roasted Rosemary Yukon Potatoes (VG)	Aromatic Basmati Rice (VG)
Vegetable	Carrots & Corn (VG)	House Made Garlic Bread	Sticky Rice (VG)	Mix Vegetables	Sweet Potatoes & Butternut Squash (VG)
Fresh Fruit	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)
Deli Counter	Turkey Sandwiches	Chicken Sandwiches	Ham Sandwiches	Cage Free Egg Salad Sandwiches (V)	Roasted Turkey Sandwiches
Eat Your Greens!	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)
Live Well (Veggie Menu)	California Veggie Sandwiches Bites (V)	Spinach & Ricotta Cheese Cannelloni (V)	Organic Brown Fried Rice MTO (VG)	Mushroom Bruschetta	Eggplant & Chickpeas Stew, Tabouleh (VG)
Vegan Bar (Menu)	Mango Smoothies (VG)	Gluten Free Pasta & Marinara (VG)	Spring Rolls (VG)	Vegetable Pad Thai & Organic Rice (VG)	Yams Kebab (VG)
Buddha Bowl	Vietnamese (MWOG)	Taiwan Bowl (MWOG)	portugal Bowl (MWOG)	Caprice Salad Bowl (MWOG)	Poke Bowl (MWOG)

Dietary restrictions labels - Fresh, natural, prepared-from-scratch meals served with local, seasonal produce, organic meats, and natural ingredients. Salad Bar every day!