


**J.C. Food Presents
This Week's Lunch Menu
Enjoy Your Lunch!**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Classic Tomato Corn Chowder	Italian Wedding with <i>Tiny Meatballs</i> Vegetable Barley	Wonton Soup Chicken Noodle	French Onion and Potato Cream of Parsnip	Chicken and Wild Rice Tuscan White Bean
Entrée	Homemade Baked Chicken Tenders with BBQ Marmalade Vegetarian Red Bean & Squash Stew	Barilla PLUS Penne with Homemade Marinara Sauce Barilla PLUS Spaghetti Pesto Primavera	Asian Roasted Pork Loin Organic Tofu & Vegetable Stir Fry Korean BBQ Wild Alaskan Salmon	Grilled Hamburgers & Homemade Veggie Burgers on Whole Wheat Buns served with All the Fixin's	NY State Grilled Cheddar Sandwich on Whole Wheat Pizza Panini with Fresh Basil
Veg	Sweet Peas	Steamed Zucchini Sticks with Olive Oil	Fresh Broccoli with Tamari Sauce	Our Own In House Pickled Cucumber Chips	Dancing Veggies served with Hummus
Starch	Brown Rice Pilaf	Hot Multi-Grain Garlic Bread	Vegetable Brown Fried Rice	Freshly Roasted Potato Wedges	
Salads	Baby Spinach Salad with Raspberry Vinaigrette Roasted Sweet Potato Salad	String Bean Salad with Fresh Herbs Grilled Chicken Balsamico Wrap	Garden Salad tossed in Fresh Carrot-Ginger Dressing Fresh Turkey Sandwiches on a Soft Wheat Rolls	Tri-Color Cole Slaw Southwestern Mixed Greens Salad with Roasted Corn	Classic Caesar Salad with Organic Dressing Bright Barley Salad with Diced Carrots, Red Peppers & Peas

Available Daily

Self-Service Salad Bar: Mixed Greens with a choice of at least 5 different dressings, Two specialty salads and/or specialty wraps or sandwiches, Fresh raw seasonal vegetables, Organic Tofu, Hard Boiled Eggs, Antibiotic Free Chicken, Homemade Egg Salad, Tuna Salad and/or Chicken Salad, Assorted Cheeses, Assorted Lean/Nitrite-free deli meats, Organic and Conventional Butter & Cream Cheese

Fruit and Yogurt Bar: Freshly Sliced Seasonal Fruit, Whole Fruit, Organic Low-fat Stonyfield Yogurt and Smoothies, NY Upstate Farms Yogurt, Low-fat Cottage Cheese, All Natural Whole Oat Granola, Raisins, Sunflower Butter, Soybutter and Assorted Jellies, Occasional Special Desserts

Beverages: Hormone-free Milk (Skim, 1%, 2%, Whole), Organic Milk, Soy Milk, Filtered Water and Filtered Naturally Flavored Waters

Assorted Fresh Bread, Rolls, and Bagels: A daily assortment including whole wheat, multi-grain and rye items.

