





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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Chicken Rice Spinach & Lentil	Butternut Apple Mashed Potato Soup	Black Bean Mexican Chicken	Golden Vegetable Tomato Orzo	Split Pea and Ham Italian Egg Drop
Entrée	Barilla PLUS Spaghetti served with Marinara Sauce & Olive Oil and Garlic Homemade Meatballs & Eggplant "Meat"balls	Fresh Roasted Turkey Breast served with Brown Gravy Tofurkey with Vegan Gravy	Chili con Carne & Vegetarian Chili served with Hard & Soft Tacos and All the Fixin's	Entrée Salads Caesar Salad with <i>Antibiotic Free</i> Grilled Chicken or Grilled Organic Tofu Sliced Skirt Steak over Mixed Greens with Lemon-Herb Vinaigrette	Margarita Pizza Whole Wheat Chicken Parmigiana Pizza Whole Wheat Salad Pizza
Veg	Italian Green Beans	Pure Maple Glazed Carrots	Sautéed Spinach		Vegetable Medley
Starch	Hot Whole Grain Bread Sticks	Homemade Stuffing	Fiesta Brown Rice	Warm Multi-Grain Rolls	
Salads	Fresh Mozzarella with Grape Tomatoes & Fresh Basil Italian Hero Sandwich	Baby Spinach with Dried Cranberries & Orange Vinaigrette Quinoa Salad with Roasted Butternut Squash	Tri-Color Pepper, Avocado & Corn Salad Sunbutter & Sliced Banana Sandwiches	Garden Tuna Salad Wrap Sandwiches Wheat berry Salad with Grilled Vegetables	<i>Nitrate-Free</i> BLT Salad Grilled Chicken over Mixed Greens with Creamy Balsamic Vinaigrette

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.

