

# Cyclical Lunch Cafe Menu

## Tuesday

## Wednesday

## Thursday

|               | Tuesday  | Wednesday   | Thursday  |  |   |  |
|---------------|--|---|---|--|---|--|
| <b>Week 1</b> | 1 cup<br>1 roll<br>4oz<br>½ cup<br>1 serving     | Green salad<br>Whole wheat roll<br>Spinach and feta spanakopita<br>Roasted vegetables<br>Mixed berries        | 1 cup<br>1 cup<br>1 wrap<br>1 serving<br>1 cookie | Green salad<br>Minestrone soup<br>Roasted veggies on whole wheat tortilla<br>Pineapple<br>Cranberry oatmeal cookie   | 1 cup<br>1 slice<br>1/12 pan<br>½ cup<br>1 fruit      | Green salad<br>Whole wheat garlic bread<br>Roasted veggie and cheese frittata<br>Roasted potatoes<br>Clementines                             |
| <b>Week 2</b> | 1 cup<br>1 burger<br>1 bun<br><br>½ cup          | Green salad<br>Veggie burgers<br>Whole wheat hamburger bun<br>Coleslaw<br>Pickles                             | 1 cup<br>1 cup<br>½ cup<br>2 slices<br>1 serving  | Green salad<br>Broccoli cheddar soup<br>Tuna salad<br>Whole wheat bread<br>Cantaloupe and honeydew                   | 1 cup<br>1 cup<br>½ cup<br>1 roll<br>1 serving        | Green salad<br>Cheese and onion quiche<br>Couscous with roasted veggies<br>Whole wheat rolls<br>Blueberries                                  |
| <b>Week 3</b> | 1 cup<br>1/8 pan<br>1 slice<br>½ cup<br>1 fruit  | Caesar salad<br>Three cheese whole wheat lasagna<br>Whole wheat garlic bread<br>Roasted vegetables<br>Bananas | 1 cup<br>1 cup<br>½ cup<br>2 slices<br>1 serving  | Green salad<br>Lentil vegetable soup<br>Egg salad<br>Whole wheat bread<br>Mixed berries                              | 1 cup<br>½ cup<br>1 roll<br>1 serving<br>1 muffin     | Asian salad w/carrots, cabbage, & celery<br>Fried rice w/tofu & vegetables<br>Whole wheat roll<br>Red grapes<br>Banana chocolate chip muffin |
| <b>Week 4</b> | 1 cup<br>½ cup<br>1 roll<br>1/8 pan<br>1 serving | Caesar salad<br>Tuna salad<br>Whole wheat roll<br>Sweet noodle kugel<br>Pineapple                             | 1 cup<br>1 cup<br>1 wrap<br>1 muffin<br>1 serving | Green salad<br>Vegetable barley soup<br>Pesto (nut free) veggie whole wheat wrap<br>Cranberry muffin<br>Green grapes | 1 cup<br>1/8 pan<br>1 roll<br>½ cup<br>1 slice        | Green salad<br>Squash and cheese bake<br>Whole wheat roll<br>Roasted potatoes<br>Blueberry lemon cake  |
| <b>Week 5</b> | 1 cup<br>2 pieces<br>1 roll<br>½ cup<br>1 cookie | Green salad<br>Tuna potato croquettes<br>Whole wheat roll<br>Pasta salad w/roasted veggies<br>Granola cookies | 1 cup<br>1 cup<br>1 roll<br>½ cup<br>2 slices     | Green salad<br>Mushroom stroganoff<br>Whole wheat roll<br>Egg salad<br>Whole wheat bread                             | 1 cup<br>1 slice<br>1/12 pan<br>1 serving<br>1 cookie | Caesar salad<br>Whole wheat garlic bread<br>Veggie whole wheat pasta bake<br>Mixed berries<br>Oatmeal cranberry cookies                      |