

# lunch-in

**MONDAY 10/3/22**

**SLOPPY JOE'S**

Ground Beef combined with Chili and Tomato on a Brioche Bun

**NUT FREE, SOY FREE**

**FOR THE VEGANS AND VEGETARIANS**

**VEGETARIAN SLOPPY JOE'S**

Tofu, with Chili and Tomato on a Bun

**VEGAN, DAIRY FREE, NUT FREE**

**BLACK-EYED PEA SALAD WITH CELERY, SWEET PEPPERS, AND EDAMAME**

Roasted Garlic Dressing

**VEGAN, GF, DAIRY FREE, NUT FREE**

**MIXED GREENS SALAD**

Toasted Almonds, Shaved Red Onions, and Blue Cheese

Dried Herb Vinaigrette

**VEGETARIAN, GF, SOY FREE**

**FUNFETTI COOKIES**

**VEGETARIAN, NUT FREE**

# **lunch-in**

**TUESDAY 10/4/22**

**LEMON FENNEL CHICKEN BREAST WITH FENNEL SEED SALSA VERDE**

Fennel Powder and Lemon Zest

**GF, DAIRY FREE, NUT FREE, SOY FREE**

**FOR THE VEGETARIANS AND VEGANS**

**CAULIFLOWER SAUTE WITH EDAMAME AND SWEET PEPPERS**

Tomatoes, Potatoes, Green Onions, and Vegan Oyster Sauce

**VEGAN, GF, DAIRY FREE, NUT FREE**

**PERSIAN RICE**

Rice with Saffron, Fenugreek, and mixed herbs like Parsley, Cilantro, Dill, and Marjoram

**VEGAN, GF, DAIRY FREE, NUT FREE, SOY FREE**

**CORN AND GRILLED ZUCCHINI SALAD**

Fresh Corn and sliced, grilled Zucchini tossed with fresh Basil, sautéed Onions, and Lime

**VEGAN, GF, DAIRY FREE, NUT FREE, SOY FREE**

**MIXED GREENS, MELON, PICKLED RED ONION, AND BLACK OLIVE SALAD**

Honey-Balsamic Vinaigrette

**VEGAN, GF, DAIRY FREE, NUT FREE, SOY FREE**

**THUMBPRINT COOKIES**

**VEGETARIAN, NUT FREE**

# **lunch-in**

**WEDNESDAY 10/5/22**

**GOA SALMON CURRY**

Tomatoes, Onions, Garlic, Chilies, Coconut, Spices, Lime, and Cilantro

**GF, DAIRY FREE, NUT FREE, SOY FREE**

**FOR THE VEGETARIANS AND VEGANS**

**CAULIFLOWER, CHICKPEA, AND SWEET PEA CURRY**

Coconut, Chiles, Coriander, Mustard Seeds, Fenugreek, Cumin, Cinnamon, and Clove

**VEGAN, GF, DAIRY FREE, NUT FREE, SOY FREE**

**YELLOW RICE**

Onion, Garlic, and Turmeric

**VEGAN, GF, DAIRY FREE, NUT FREE, SOY FREE**

**PEAS AND CARROTS WITH CUMIN**

Onion, Garlic, Ginger, Coriander and Cumin, Chili Powder, and Tomato

**VEGAN, GF, DAIRY FREE, NUT FREE, SOY FREE**

**GARLIC NAAN**

**VEGAN, DAIRY FREE, NUT FREE, SOY FREE**

**MIXED GREENS SALAD WITH ROASTED CHICKPEAS AND PICKLED ONIONS**

Honey-Cumin Vinaigrette

**VEGAN, GF, DAIRY FREE, NUT FREE, SOY FREE**

**CHEF'S CHOICE**

**VEGETARIAN**

# lunch-in

**THURSDAY 10/6/22**

**KHMER CHCKEN SAMLA' WITH COCONUT MILK**

Cambodian Chicken Stew with Boneless Chicken Thighs, Lemongrass, Garlic, Ginger, Shallots, Chilies, Shrimp Paste, and Lime

**GF, DAIRY FREE, NUT FREE**

**FOR THE VEGANS AND VEGETARIANS**

**ASIAN NOODLE SALAD WITH SPICY TOFU**

Lo Mein Noodles with Carrots, Bamboo Shoots, Cucumbers, Green Onions, Red Peppers

**VEGAN, DAIRY FREE, NUT FREE**

**SCALLION RICE**

Onion, Garlic, Ginger, and Sesame

**VEGAN, GF, DAIRY FREE, NUT FREE, SOY FREE**

**MUDDLED CUCUMBER SALAD WITH TOMATOES AND CILANTRO**

Chiles, tamarind, Dried Shrimp, Fish Sauce

**GF, DAIRY FREE, NUT FREE**

**ARUGULA SALAD WITH MANDARIN ORANGES, DICED WATER CHESTNUTS, AND OLIVES**

Roasted Chili-Citrus Dressing

**VEGAN, GF, DAIRY FREE, NUT FREE, SOY FREE**

**COCONUT BARS**

**VEGETARIAN**

# lunch-in

**FRIDAY 10/7/22**

**CARNE PIZZA**

Italian Sausage, Pepperoni, Salami, Chopped Bacon, and Mozzarella

**CHICKEN SPECIAL PIZZA**

Chicken Breast, Mushrooms, Mozzarella, with fresh Basil, Garlic, and Tomato Sauce

**SUPER VEGGIE PIZZA**

Zucchini, Yellow Squash, White Corn, Broccoli, Red Bell Pepper, Cheddar and Monterey Jack

**VEGAN/GF PIZZA**

**MIXED GREENS SALAD**

Toasted Almonds, Shaved Red Onions, and Mint

Almond Vinaigrette

**VEGAN, GF, DAIRY FREE, SOY FREE**

**CHOCOLATE CHIP COOKIES**

**VEGETARIAN, NUT FREE**