

# **lunch-in**

**THURSDAY 9/29/22**

**RED BEANS AND RICE WITH TURKEY**

Ground Turkey Meat and the Holy Trinity

**GF, NUT FREE, SOY FREE**

***FOR THE VEGANS AND VEGETARIANS***

**RED BEANS AND RICE WITH SPICY ROASTED TOFU**

Roasted Tofu and the Holy Trinity

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

**HEIRLOOM TOMATO SALAD WITH PICKLED RED ONIONS, GREEN CHILES, AND MINT**

Honey-Lime Dressing

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

**GREEN GODDESS SPINACH SALAD WITH TOMATOES, CARROTS, RADISHES, AND OLIVES**

Green Goddess Dressing

**VEGETARIAN, GF, NUT FREE, SOY FREE**

**SNICKERDOODLES**

**VEGETARIAN. NUT FREE**