



**Deli Lunch Menu Monday - Friday**

**Lunch Hour: 10:30 – 2:00**

|                    | <b>Monday</b>                           | <b>Tuesday</b>          | <b>Wednesday</b>            | <b>Thursday</b>            | <b>Friday</b>                                    |
|--------------------|---|-------------------------|-----------------------------|----------------------------|--|
|                    | <b>Aug 30</b>                           | <b>Aug 31</b>           | <b>Sept 1</b>               | <b>Sept 2</b>              | <b>Sept 3</b>                                    |
| <b>Soup</b>        | Corn Chowder                            | Creamy Broccoli Soup    | “Chicken” & Rice Soup       | Green Split Pea Soup       | Chili  |
| <b>Entrée 1</b>    | “Chicken” Parmesan w/Garlic Toast       | Cottage Cheese Loaf     | Pizza                       | Chili Stacks               | Tatertot Casserole                               |
| <b>Entrée 2</b>    | Marinara or Alfredo Sauce over Pasta    | Tofu Holiday Loaf       | Eggplant parmesan           | Burgers & Hot Dogs         | General TSO’s “Chicken”                          |
| <b>Vegetable 1</b> | Fried Okra                              | Parmesan Asparagus      | Beets                       | Potato Salad & Baked Beans | Fried Rice                                       |
| <b>Vegetable 2</b> | Corn Soufflé                            | Fresh Broccoli          | Fresh Kale                  | Fresh Corn on the Cob      | Zucchini w/Diced Onion, Peppers & Marinara Sauce |
| <b>Vegetable 3</b> | Fresh Whole Green Beans w/Diced Peppers | French Fries            | Steamed Carrots w/Dill Weed | French Fries               | Fresh Broccoli                                   |
| <b>Vegetable 4</b> | Twister Fries                           | Mashed Potatoes w/Gravy | French Fries                | Onion Rings                | French Fries                                     |



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|--------------------|---|--|---------------------------|-------------------------|-------------------------|
|                    | <b>Sept 6</b>                             | <b>Sept 7</b>                              | <b>Sept 8</b>             | <b>Sept 9</b>           | <b>Sept 10</b>          |
| <b>Soup</b>        | Carrot Parsnip Soup                       | Italian Lentil Soup                        | “Chicken” & Dumpling Soup | Cream of Artichoke Soup | Chili                   |
| <b>Entrée 1</b>    | Sam’s “Chicken” w/Tarter Sauce            | Best Ever Mac & Cheese Dairy & Vegan       | Pizza                     | Chili Stacks            | Skallops w/Tarter Sauce |
| <b>Entrée 2</b>    | Turkey Slices, Dressing & Cranberry Sauce | Hashbrown Casserole                        | Sesame Seed Tofu          | Enchilada Frijoles      | Ukrainian Sauerkraut    |
| <b>Vegetable 1</b> | Fresh Broccoli                            | Grilled Asparagus                          | Fried Green Beans         | Broccoli Spears         | Fresh Asparagus         |
| <b>Vegetable 2</b> | Stewed Tomatoes                           | Fresh Corn                                 | Vegetable Rolls           | Roasted Veggies         | Corn Nuggets            |
| <b>Vegetable 3</b> | French Fries                              | Zucchini w/Onion, Peppers & Marinara Sauce | Fresh Collards            | Onion Rings             | Creamy Spinach          |
| <b>Vegetable 4</b> | Mashed Potatoes w/Gravy                   | Sweet Potato Fries                         | French Fries              | French Fries            | French Fries            |



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|--------------------|---|----------------------------------|---------------------------------------|---------------------------------|--------------------------|
|                    | <b>Sept 13</b>                                | <b>Sept 14</b>                   | <b>Sept 15</b>                        | <b>Sept 16</b>                  | <b>Sept 17</b>           |
| <b>Soup</b>        | Potato Soup                                   | Asparagus Cheese Soup            | Cream of Cauliflower Soup             | Cream of “Chicken” Soup w/Herbs | Chili                    |
| <b>Entrée 1</b>    | “Chicken” Parmesan w/Garlic Toast             | Creamy “Chicken” Loaf            | Pizza                                 | Chili Stacks                    | General TSO “Chicken”    |
| <b>Entrée 2</b>    | Garden Fresh Veggie Marinara Sauce over Pasta | Holiday Meatless Loaf            | Tofu “Chicken” Nuggets w/Tarter Sauce | Ravioli                         | Burger Works or Hot Dogs |
| <b>Vegetable 1</b> | Fresh Green Beans                             | Fresh Kale                       | Fresh Broccoli                        | Fresh Squash w/Sliced Onions    | Broccoli Fried Rice      |
| <b>Vegetable 2</b> | Fresh Steamed Carrots                         | Edamame w/Red Bell Pepper        | Roasted Veggies                       | Fresh Corn on the Cob           | Egg Rolls                |
| <b>Vegetable 3</b> | Corn Soufflé                                  | French Fries                     | Corn Nuggets                          | Carrot Soufflé                  | Onion Rings              |
| <b>Vegetable 4</b> | Smiley Face Fries                             | Mashed Red Skin Potatoes w/Gravy | French Fries                          | French Fries                    | French Fries             |



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|--------------------|-------------------------------------|-----------------------|------------------------------------|----------------------------|------------------------------------|
|                    | <b>Sept 20</b>                      | <b>Sept 21</b>        | <b>Sept 22</b>                     | <b>Sept 23</b>             | <b>Sept 24</b>                     |
| <b>Soup</b>        | Mushroom Soup                       | “Chicken” Noodle Soup | Potato Soup                        | Pea Soup                   | Chili                              |
| <b>Entrée 1</b>    | Three Stuffed Shells w/Garlic Toast | Taco Salad            | Pizza                              | Chili Stacks               | Sam’s Chicken w/Tarter Sauce       |
| <b>Entrée 2</b>    | Veggie Lomein                       | Eggplant Parmesan     | Thai Stir Fry w/spice Peanut Sauce | Falafels in a Pita Pocket  | Apricot Ribs w/ Twice Baked Potato |
| <b>Vegetable 1</b> | Fried Green Tomatoes                | Steamed Fresh Carrots | Thai Cucumber Salad                | Fresh Broccoli             | Fresh Corn on the Cob              |
| <b>Vegetable 2</b> | Fresh Kale                          | Fresh Asparagus       | Fried Eggplant                     | Corn Soufflé               | Stewed Tomatoes                    |
| <b>Vegetable 3</b> | Zucchini Marinara                   | Spinach Soufflé       | Fried Rice                         | Edamame w/Red Bell Peppers | Fresh Broccoli                     |
| <b>Vegetable 4</b> | Waffle Fries                        | French Fries          | French Fries                       | French Fries               | French Fries                       |



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|--------------------|---------------|----------------|------------------|-----------------|---------------|
| <b>Soup</b>        |               |                |                  |                 |               |
| <b>Entrée 1</b>    |               |                |                  |                 |               |
| <b>Entrée 2</b>    |               |                |                  |                 |               |
| <b>Vegetable 1</b> |               |                |                  |                 |               |
| <b>Vegetable 2</b> |               |                |                  |                 |               |
| <b>Vegetable 3</b> |               |                |                  |                 |               |
| <b>Vegetable 4</b> |               |                |                  |                 |               |