

Intercultural Hot Lunch Menu September 2014

NOTE: Green Monkey may substitute protein, fruit, and vegetables based on seasonality and availability.

Monday	Tuesday	Wednesday	Thursday	Friday
1. NO LUNCH SERVICE	2. Grilled Cheese , Roasted Potato Medley, and Fresh Fruit	3. Beef Tacos, Roasted Corn, and Fresh Fruit V:Black Beans Tacos	4. <i>Bbq Chicken, green Beans, Dinner Roll And Fresh Fruit</i> <i>V:Bbq Benas</i>	5. <i>Penne Pasta W/ Turkey Bolognese Sauce, Roasted Broccoli, and Fresh Fruit</i> <i>V:Spaghetti W/Veggie Sauce</i>
8. Two-Bean Corn Chili, Roasted Carrots, Cornbread and Fresh Fruit	9. <i>Chicken Pad-Thai Peas, and Fresh Fruit</i> <i>V: Veggie Pad Thai</i>	10. <i>Turkey Sloppy Joes Roasted Broccoli, And Fresh Fruit</i> <i>V:Lentil Sloppy Joes</i>	11. <i>Beef Stew ,Arroz con Gandules, Corn ,and Fresh Fruit</i> <i>V:Veggie Stew</i>	12. Mushroom Pizza, Celery & Carrot Sticks, Yogurt Ranch, and Fresh Fruit
15. Tuna Cakes, Dinner Rolls, Carrots, and Fresh Fruit V: Veggie Cakes	16. Butternut Squash Lasagna, Roasted Broccoli, and Fresh Fruit	17. Beef Meatloaf, Parsnip Mashed Potatoes, Green Beans, and Fresh Fruit <i>V: Lentil Loaf</i>	18. Egg Fried Rice, Peas, and Fresh Fruit	19. Chicken Tacos, Veggie Medley, and Fresh Fruit <i>V: Black Beans Quesadillas</i>
22. Cauliflower Mac & Cheese , Peas, and Fresh Fruit	23 Beef Stroganoff, Egg Noodles, Carrots, and Fresh Fruit <i>V: Mushroom Stroganoff</i>	24. Sweet and Sour Turkey Meatballs, Rice, Broccoli, and Fresh Fruit <i>V: Sweet and Sour Veggie Balls</i>	25. Cheesy Spinach Baked Rotini, Green Beans, and Fresh Fruit	26. Chicken Fingers , Cauliflower Bake, and Fresh Fruit <i>V: Mock Nuggets</i>

