




Week 1 Lunch



	Monday 14-Oct	Tuesday 15-Oct	Wednesday 16-Oct	Thursday 17-Oct	Friday 18-Oct	Saturday 19-Oct	Sunday 20-Oct
MARKET ST. DELI	Black and Blue	Classic Club	Tuna Salad	Cuban Panini			
BRAVO! <i>Spud Cut</i>	CYO Glazed Salmon	CYO Flank Steak	CYO Sliced Chicken	CYO Glazed Salmon			
J. CLARK'S GRILLE	Bacon Cheeseburger	Cheese Pupusa	Fried Catfish Po'Boy	Chicken Tenders			
<i>Main Plate</i>	Bourbon Roasted Chicken	Sauteed Shrimp and Pulled Chicken	Oven Roasted Pork Loin	Pepper Steak and Onions			
	Mashed Sweet Potatoes	Flour Tortillas, Yellow Rice	Herb and Butter Linguini	White Rice			
	Garlic Green Beans	Puerto Rican Style Pinto Beans	Steamed Broccoli	Grilled Zucchini			
	Zucchini, Onions and Peppers	Roasted Corn and Peppers	Roasted Mixed Vegetables	Garlic Sauteed Mushrooms			
	Szechuan Tofu and Veggies	Mexican Spiced Gardein Chik'n	Vegan Chik'n Nuggets	Pepper Gardein Chik'n			
Live Well							
duJour	Chicken Noodle Soup	Corn Chowder	Creamy Sweet Potato Soup	Roasted Vegetable Soup			

* Contains or may contain raw or undercooked ingredients. Consuming raw or uncooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.

-  Denotes Vegetarian Item
-  Denotes Vegan Item
-  Denotes Gluten-Free Item