



Week 3 Lunch



	Monday 18-Nov	Tuesday 19-Nov	Wednesday 20-Nov	Thursday 21-Nov	Friday 22-Nov	Saturday 23-Nov	Sunday 24-Nov
MARKET ST. DELI	Gouda BLT	Caprese Panini	Egg Salad	Turkey and Cheese			
BRAVO! SpudCup	CYO Salmon	MTO Southwest Baked Potato	MTO Greek Flatbread	CYO Glazed Salmon			
J. CLARK'S GRILLE	Cheeseburger	Steak and Cheese Flauta	Monte Cristo	Chicken Sandwich			
<i>Main Plate</i>	Island Tilapia	Cheesy Chicken Skillet	Pulled Pork, Potato Buns	Savory Beef Roast			
	Rice and Peas	Yellow Rice	Sweet Potato Fries	Redskin Mashed Potatoes			
	Roasted Sweet Plaintains	Mexican Black Beans	Parmesan Green Beans	Sweet Green Peas			
	Cabbage and Peppers	Green Beans and Onion, Sweet Corn Tomalito	Sauteed Yellow Squash	Oven Roasted Carrots			
Live Well	Jerk Gardein Chik'n	Mexican Spiced Gardein Chik'n	Grilled BBQ Tofu	Gardein Stir Fry			
duJour	Creamy Sweet Potato	Carrot Ginger Soup	Chicken and Rice	Creamy Garlic Mushroom 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