



# Week 3 Lunch



	Monday 9-Sep	Tuesday 10-Sep	Wednesday 11-Sep	Thursday 12-Sep	Friday 13-Sep	Saturday 14-Sep	Sunday 15-Sep
<b>MARKET ST. DELI</b>	Roast Beef and Cheddar	Caprese Panini	Egg Salad	BLT			
<b>BRAVO!</b> <i>SpudCur</i>	CYO Glazed Salmon	CYO Fish Taco	CYO Mac and Cheese	CYO Glazed Salmon			
<b>J. CLARK'S GRILLE</b>	BBQ Ranch Burger	Chorizo Tostada	Monte Cristo	Chicken Sandwich			
<i>Main Plate</i>	Sliced Jerk Beef	Taco Tuesday Chicken or Chorizo	Pulled Pork, Potato Buns	Savory Beef Roast			
	Rice and Peas	Cilantro Lime Rice	Sweet Potato Fries	Redskin Mashed Potatoes			
	Roasted Sweet Plaintains	Cuban Style Black Beans	Parmesan Green Beans	Sweet Green Peas			
	Cabbage and Peppers	Mexican Street Style Corn	Sauteed Yellow Squash	Oven Roasted Carrots			
<b>Live Well</b>	Jerk Gardein Chik'n	Mexican Spiced Gardein Chik'n	Grilled BBQ Tofu	Gardein Stir Fry			
<b>duJour</b>	French Onion Soup	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