

SAMPLE MENU

-LUNCH-

MONDAY

Moroccan Chickpea Stew

Crispy Whole Wheat Pita | Homemade Hummus

TUESDAY

Roast Beef & Swiss Wrap

Almond & Baby Arugula Salad | Melon Slices

WEDNESDAY

Classic Grilled Cheese on Multigrain

Roasted Red Pepper Soup | Soda Crackers

THURSDAY

Chef's Protein Bowl

Tuna | Avocado | Egg | Quinoa | Fresh Vegetables

FRIDAY

Spinach & Feta Frittata

Cherry Tomato & Cucumber Salad

SATURDAY

Roasted Turkey & Cheddar Wrap

Mixed Baby Greens Salad | Sliced Oranges

SUNDAY

Sunday Brunch

Pancakes | Turkey Bacon | Fresh Fruit

