

WEEK 1: March 16th - 20th

Monday

Main: Chicken Strips – Crispy, golden-breaded chicken strips served with a delicious dipping sauce.

Vegetarian Main: Crispy Tofu Strips – Lightly seasoned tofu, crunchy outside and tender inside.

Side: French Fries – Hot, crispy, and always a favorite.

Dessert: Apple Slices – Fresh, juicy, and naturally sweet.

Drink: Water or Juice

Tuesday

Main: Spaghetti with Meat Sauce – Classic and tender pasta topped with a hearty, slow-simmered meat sauce.

Vegetarian Main: Spaghetti with Pomodoro Sauce – Bright tomato and herb sauce over tender noodles.

Side: Garlic Butter Breadstick – Warm, soft, and brushed with tasty garlic butter.

Dessert: Oatmeal Cookie – Soft-baked with and delicious.

Drink: Water or Juice

Wednesday

Main: Beef and Broccoli – Tender beef paired with fresh steamed broccoli.

Vegetarian Main: Chickpea & Vegetable Stew – A tasty blend of chickpeas and garden vegetables.

Side: White Rice – Fluffy and perfect for soaking up flavor.

Dessert: Whole Banana – Naturally sweet and filled with potassium.

Drink: Water or Juice

Thursday

Main: Chicken Quesadilla – Warm tortilla filled with seasoned chicken and melted cheese.

Vegetarian Main: Veggie & Cheese Quesadilla –Veggies and gooey cheese in a soft tortilla.

Side: Salsa & Sour Cream – Cool and zesty dips to complement the quesadilla.

Dessert: Granola Bar – Chewy, wholesome, and lightly sweet.

Drink: Water or Juice

Friday

Main: Pepperoni Pizza – Hot, cheesy, and topped with classic pepperoni.

Vegetarian Main: Cheese Pizza – Crispy crust, tangy pizza sauce, and melted cheese.

Side: Cucumber Sticks – Crisp, cool, and refreshing.

Dessert: Vanilla Cupcake – Baked in-house, soft and delicious with a hint of vanilla.

Drink: Water or Juice

WEEK 2: March 23rd – 27th

Monday

Main: Macaroni & Cheese with Bacon Crumbles – Creamy mac and cheese with a savory bacon twist.

Vegetarian Main: Veggie Macaroni & Cheese – Same creamy comfort, minus the bacon.

Side: Steamed Broccoli – Tender and nutritious.

Dessert: Chocolate Chip Cookie – Warm, gooey, and packed with chocolate chips.

Drink: Water or Juice

Tuesday

Main: Fish Sticks – Lightly breaded and baked until golden and crisp.

Vegetarian Main: Chickpea “Fish” Fingers – Crunchy, delicious plant-based alternative.

Side: Yam Fries – Sweet, golden, and crispy.

Dessert: Fruit Salad – A colorful mix of fresh, juicy fruits.

Drink: Water or Juice

Wednesday

Main: Stir-Fry Chicken & Vegetables – Tender chicken tossed with veggies in a tangy sauce.

Vegetarian Main: Grilled Tofu & Vegetables – Savory grilled tofu with the same veggie medley.

Side: White Rice – Soft and fluffy.

Dessert: Jello with Whipped Cream – Cool, wiggly treat topped with scrumptious fluffy cream.

Drink: Water or Juice

Thursday

Main: Grilled Cheese Sandwich – Crispy and golden, with mouthwatering melted cheese.

Side: Tomato Soup – Smooth, warm, and perfect for dipping.

Dessert: Fresh Apple – Crisp, sweet, healthy, and refreshing.

Drink: Water or Juice

Friday

Main: Sloppy Joes – Savory ground meat in a tangy sauce served on a soft bun.

Vegetarian Main: Black Bean Sloppy Joe – Hearty, flavorful plant-based version.

Side: French Fries – Crispy, golden, and always a hit.

Dessert: Chocolate Pudding – Silky, smooth, and sweet.

Drink: Water or Juice