



Fresh Lunch Menu - October 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	We will be closed on Indigenous Peoples' Day (Monday, October 13th). Meals typically delivered on that day will be delivered ahead of the holiday.	Black & Bleu Salad with Bleu Cheese Dressing Venetian Pasta Salad Whole Wheat Roll Mandarin Orange	Club Sandwich on Croissant <i>*Turkey Breast, Ham, Bacon, Cheddar, Swiss, Lettuce, Tomato, Mayo, and Honey Mustard</i> Beet Salad Fresh Pear	Mediterranean Chicken Quinoa Bowl* <i>*Chicken, Cilantro Lime Quinoa, Arugula, Grape Tomatoes, Kalamata Olives, Cucumbers, Hummus, Tahini Dressing, Feta, and Greek Yogurt</i> Mixed Fruit	Italian Sandwich* <i>*Ham, Salami, Pepperoni, Provolone, Lettuce, Tomato, Onion, Mayo, and Creole Mustard on Italian Roll</i> Lemon Dijon Carrot Salad Diced Peaches	Steak Taco Salad* <i>*Beef Strips, Black Beans, Cheddar Cheese, Tomato, Romaine Lettuce, Taco Sauce, and Sour Cream</i> Whole Grain Tortilla Chips Fresh Orange
Tzatziki Turkey Salad Three Bean Salad Naan Bread Dippers Fresh Apple	Cobb Salad with Ranch Dressing Chickpea Salad Whole Grain Crackers Mixed Fruit	Deviled Egg Salad on Whole Wheat Bread Cucumbers w/Creole Dressing Pineapple Tidbits	Krab Mac Salad Coleslaw Whole Grain Corn Muffin Fresh Orange	Roast Beef & Cheddar Sandwich on Whole Grain Bun Lettuce/Tomato/Onion Potato Salad Fresh Pear	Mediterranean Chicken Quinoa Bowl* <i>*Chicken, Cilantro Lime Quinoa, Arugula, Grape Tomatoes, Kalamata Olives, Cucumbers, Hummus, Tahini Dressing, Feta, and Greek Yogurt</i> Raisins	Turkey Breast & Muenster on Rye Bread Lettuce/Tomato/Onion Mandarin Beets w/Citrus Dressing Applesauce
Indigenous Peoples' Day 	Creole Seafood Salad w/Whole Grain Crackers Beet & Onion Salad Fresh Orange	Turkey Breast & Provolone on Whole Wheat Bread Lettuce/Tomato/Onion Italian Cucumber Salad Fresh Pear	Pork & Pineapple Farro Bowl <i>*Pork Loin, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, Avocado, and Vinaigrette</i> Mixed Fruit	Cranberry Pecan Turkey Salad on Brioche Roll Tuscany Vegetable Salad Tropical Fruit	Chicken Salad Honey Lime Corn Salad Whole Grain Blueberry Muffin Fresh Orange	Reuben Sandwich on Rye Bread Lettuce/Tomato/Onion Mixed Green Salad w/Dressing Fresh Apple
Asian Chicken Salad with Balsamic Vinaigrette Black Bean & Rice Salad Pineapple Tidbits	Steak Taco Salad* <i>*Beef Strips, Black Beans, Cheddar Cheese, Tomato, Romaine Lettuce, Taco Sauce, and Sour Cream</i> Whole Grain Tortilla Chips Fresh Apple	Chicken Salad with Grapes w/Whole Grain Crackers Honey Lime Corn Salad Fresh Orange	Lemon Pepper Tuna Salad Blueberry Muffin Coleslaw Fresh Pear	Roast Beef & Cheddar Sandwich on Whole Wheat Bread Mixed Green Salad w/Dressing Mixed Fruit	Tzatziki Turkey Salad Chickpea Salad Naan Bread Dippers Raisins	Pesto Chicken on Ciabatta Roll Lettuce/Tomato/Onion Mandarin Beets w/Citrus Dressing Applesauce
Harvest Chicken Bowl* <i>*Grilled Garlic-Herb Chicken, Seasoned Grilled Butternut Squash, Brown Rice, Kale Salad, and a Sweet Honey-Dijon Sauce</i> Fresh Orange	Krab Mac Salad w/Whole Grain Crackers Carrot Raisin Salad Fresh Apple	Cobb Salad with Ranch Dressing Chickpea Salad Whole Grain Blueberry Muffin Mixed Fruit	Turkey & American Cheese on Kaiser Roll Lettuce/Tomato/Onion Three Bean Salad Tropical Fruit	Egg Salad on Whole Wheat Bread Potato Salad Mixed Fruit	*Holiday Meal Chicken Alfredo Whole Grain Rotini Pasta Ratatouille Green Beans Fresh Apple	Beverage Choice: Milk or Juice Menu Subject to Change