



hot and tasty sandwiches

**MONDAY**

chuck's famous chicken salad flatbread

**TUESDAY**

cravarti turkey sandwich

**WEDNESDAY**

bbq chicken wrap

**THURSDAY**

corned beef & swiss on rye

**FRIDAY**

classic cuban flatbread melt

**wellness side:**

kale salad with cranberries, pecans, feta and beans



Monday | March 28

- breakfast:** fried egg and chorizo bagel
- soup:** tomato basil bisque & chicken florentine soup
- exhibition:** pesto grilled chicken breast  
glazed carrots & parsnips  
parmesan green beans  
red quinoa, corn, tomatoes
- salad:** arugula, fennel, grilled shrimp salad
- italian:** pepperoni pizza  
mushroom pesto white pizza

Tuesday | March 29

- breakfast:** egg and sausage croissant
- soup:** wild mushroom bisque & italian wedding soup
- whole+sum:** oven roasted tilapia veracruz  
chicken tinga  
roasted corn salsa, spanish green rice
- salad:** asian beef salad w/ peanuts
- italian:** bbq chicken and pepper pizza  
artichoke and goat cheese flatbread

Wednesday | March 30

- breakfast:** breakfast burrito with ham
- soup:** curried rice and lentil soup & chicken noodle soup
- asian:** general tso's chicken  
fried rice, lo mein noodles  
asian vegetable stir fry
- salad:** california salmon salad
- italian:** italian hero panini  
sicilian style pizza

Thursday | March 31

- breakfast:** maple banana walnut french toast
- soup:** southwest tortilla & 3 bean swiss chard
- whole+sum:** poached jumbo shrimp, almond mole  
grilled corn on the cob  
brown basmati rice, grilled tomato with basil
- salad:** moroccan spiced chicken bowl
- italian:** passport pizza  
veggie lover's pizza

Friday | April 1

- breakfast:** breakfast BLT
- soup:** clam chowder & vegetable minestrone
- exhibition:** bbq cheddar burger or chimichurri turkey burger  
fries, potato salad, or side house salad
- salad:** spinach nicoise salad
- italian:** meat lover's stromboli  
white & green pizza



MARCH 2016  
**NOODLES**  
MONTH



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**SLAM DUNK YOUR HUNGER**

march 28<sup>th</sup> - april 1<sup>st</sup>  
**weekly features**