

April Lunch Menu

Tuesday, April 2

Turkey chili served with brown rice, cheddar cheese, sour cream & cilantro

🌿 Veggie chili, served with brown rice, cheddar cheese, sour cream & cilantro

Thursday, April 4

Teriyaki Chicken served with white rice and vegetable stir fry

🌿 Teriyaki tofu served with rice and vegetable stir fry

Tuesday, April 9

Stuffed shells topped with beef ragu, served with green beans

🌿 Stuffed shells topped with tomato ragu, served with green beans

*WEDNESDAY, April 10

BBQ Chicken, Mashed Potatoes, Smoked Collard Greens

🌿 BBQ Plant-based "Chicken", Mashed Potatoes, Smoked Collard Greens

Thursday, April 11

Peppers & onion steak with yellow rice and black bean stew

🌿 Peppers & onion tofu served with yellow rice and black bean stew

Tuesday, April 16

Beef meatballs & gravy with sweet potatoes and peas & carrots

🌿 Vegetable loaf with gravy with sweet potatoes and peas & carrots

Wednesday, April 17

Chicken Chili Verde, Corn Tortilla Chips, Rice

🌿 Veggie Chili Verde, Corn Tortilla Chips, Rice

Thursday, April 18

Beef picadillo served with brown rice and sweet plantain

🌿 Tofu picadillo served with brown rice and sweet plantain

Tuesday, April 23

Chicken patty with gravy served with roasted potatoes and Brussels sprouts

🌿 Chicken-less patty with gravy served with roasted sweet potatoes and Brussels sprouts

Wednesday, April 24

Jamaican Style Beef Patty, Coconut Brown Rice, Baked Carrots

🌿 Jamaican Style Veggie Patty, Coconut Brown Rice, Baked Carrots

Thursday, April 25

Meatloaf and gravy served with mashed potatoes and baked broccoli

🌿 Veggie patty and gravy served with mashed potatoes and baked broccoli

Tuesday, April 30

Chicken parmigiana served with whole wheat pasta and green beans

🌿 Veggie patty parmigiana served with whole wheat pasta and green beans

