

spring menu

march
april
may }

Grass Fed, All Natural and Organic Protein
All Natural & Organic Grain
Local and Organic Fresh Fruit/Veg
✓Vegetarian Option

monday	tuesday	wednesday	thursday	friday
<p>✓Three Cheese Baked Ziti</p> <p>Local Green Beans Orange Slices Whole Grain Bread</p>	<p>Zesty Roasted Lemon Chicken</p> <p>✓Lemon Roasted Seitan Sweet Potato Wedges Banana Halves Whole Grain Bread</p>	<p>✓Gorilla's Grilled Cheese</p> <p>Peas & Carrots Cantaloupe/Honeydew</p>	<p><i>Taste of India</i> Sweet Chicken Curry</p> <p>✓Grilled Tofu Curry Organic Cauliflower Seedless Watermelon Naan bread</p>	<p><i>Taste of Morocco</i> ✓Falafel Dippers</p> <p>Hummus Dip Squash Moons Home Made Applesauce</p>
<p>✓Rotini Pasta Primavera</p> <p>Local Green Beans Tangelo Slices Whole Grain Bread</p>	<p>Turkey Sloppy Joes</p> <p>✓Uptons Sloppy Joes</p> <p>Chef's Special Mashed Sweet Potatoes Fresh Cut Melon Whole Grain Bread</p>	<p>✓Buttered Noodles</p> <p>Spring Peas & Carrots Fresh Watermelon Whole Grain Bread/ Garlic Breadsticks</p>	<p>GG's Chicken Bites</p> <p>✓Veggie Bites</p> <p>Roasted Cauliflower Fruit Salad Whole Grain Bread</p>	<p>Sustainable Fish Tenders <i>or cakes</i></p> <p>✓Potato Latke Steamed Broccoli 100% Fruit Smoothie Whole Grain Bread</p>
<p>✓Pasta with Cheesy Tomato Sauce</p> <p>Local Carrots & Peas Orange Slices Whole Grain Bread</p>	<p>Juicy Grass Fed Beef Burgers</p> <p>✓GG's Lentil Burgers</p> <p>Spring Veggies Fresh Pear Slices Whole Grain Buns</p>	<p>✓Cheesy Quesadillas</p> <p>Local Green Beans Lowfat Sour Cream Mango Salsa Pineapple</p>	<p>Chef's Special BBQ Chicken</p> <p>✓Uptons BBQ Roasted Sweet Potato Fries Fruit Salad Parkerhouse Rolls</p>	<p>✓Gorilla's Three Cheese Pizza</p> <p>Fresh Broccoli Fresh Apple Slices</p>
<p>✓Mac & Cheese</p> <p>Spring Peas Fresh Orange Slices Whole Grain Bread</p>	<p>Oven Baked Tandoori Chicken</p> <p>✓Tandoori Tofu</p> <p>Steamed Broccoli Mango Lassi (Puree) Naan Bread</p>	<p>✓White Bean Chili, served w/ Shredded Cheese</p> <p>Roasted Rootin' Veggies Watermelon Homemade Cornbread</p>	<p>Sweet & Sour Chicken</p> <p>✓Sweet & Sour Tofu Sticky Rice Asian Veggies Pineapple</p>	<p>Shepherd's Pie w/ Whipped Potato Crust</p> <p>✓Shepherd's Pie</p> <p>Steamed Carrots Apple Berry Sauce</p>

nut free kitchen!
scratch cooking