

DECEMBER 2022 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><i>Happy Holidays</i> we wish you joy</p>			1 Eggplant Parmesan w/ Tomato Sauce Garlic Bread White Bean Soup	2 Baked Salmon w/ Cilantro Citrus Sauce Whole Wheat Tortilla Corn Confetti Salad
5 Veggie Burger on Bun French Fries Lettuce and Tomato	6 Brazilian Fish Stew Rice and Red Beans Whole Wheat Bread Cauliflower and Potatoes	7 Salmon w/ Lemon Garlic Butter Sauce Baked Potatoes Whole Wheat Bread Roasted Brussel Sprouts	8 Kidney Bean Veg Stew Plain Pita Baby Spinach Salad with Lemon Vinaigrette	9 Citrus Sesame Salmon Cilantro Lime Rice Whole Wheat Bread Roasted Zucchini
12 Tuna Fish Salad French Fries Plain Pita Lettuce and Tomatoes	13 Tomato-Fennel Glazed Salmon Roasted Red Potatoes Whole Wheat Dinner Rolls Sautéed Green Beans	14 Garlic Soy Sesame Tofu Cumin Spiced Rice Steamed Kale Whole Wheat Pita Bread	15 Chickpea Stew w/Chard Couscous Roasted Cauliflower	16 Baked Salmon w/ Lemon Tarragon, Thyme Cajun Style Rice Roasted Broccoli WW Pita Bread
19 Tofu in Garlic Soy Sesame Sauce Perfect White Rice Roasted Broccoli WW Roll	20 Baked Salmon w/ Garlic Crumb Crust Pesto Pasta & Sautéed Squash Corn Tomatoes Whole Wheat Dinner Rolls	21 Black Bean & Sweet Potato Chili Cumin Spiced Rice Mixed Green Salad Whole Wheat Dinner Roll	22 Baked Salmon w/ Teriyaki Sauce Lo Mein Napa Cabbage	23 Loaded Veggie Pita Sandwich French Fries Lentil Soup
26  Center Is Closed	27 Jamaican Jerk Tofu Garlic & Rosemary Potatoes Whole Wheat Bread Cabbage w/ Carrots	28 Veggie Burger on a Bun French Fries Spinach Salad w/Lemon Vinaigrette	29 Three Bean Stew Rice w/Yellow Beans Whole Wheat Bread Roasted Zucchini	30 Pineapple Glazed Salmon Mash Sweet Potatoes Whole Wheat Bread Sautéed Green Beans