

Lunch and Learn Menus

September 2018

Spinach and Chickpea Soup

- Spinach, chickpeas, garlic, onion, celery, potato, herbs, broth

Macaroni Salad

- Macaroni, onion, celery, relish, egg, mustard, light mayonnaise

Tuna and Roasted Tomato Sandwich

- Lettuce, tuna salad, roasted tomato puree, provolone, sour dough bread

October 2018

Creamy Tomato Tortellini

- Tomatoes, basil, cream, tortellini, cheese

Brussel Sprouts Slaw

- Shaved Brussel sprouts, dried cranberries, almonds, raisins, lemon Dijon vinaigrette

Muffuletta Sandwich

- Italian ham, salami, marinated chopped olive salad, provolone, Italian bread

November 2018

Pumpkin Bisque

- Pumpkin, butternut squash, broth, cream, spices

Maple Cheddar Salad

- Mixed greens, red onion, pecans, apple, cheddar cheese, maple vinaigrette

Cranberry Turkey Wrap

- Turkey, cranberry sauce, romaine, brie cheese, wheat wrap

December 2018

Hearty Beef Chili

- Beans, tomatoes, ground beef, peppers, onion, celery

Roasted Sweet Potato and Collard Green Salad

- Collard greens, sweet potatoes, cashews, goat cheese, lime ginger vinaigrette

Crispy Chicken and Pear Sandwich

- Crispy chicken, sliced pear, spinach, red onion, blue cheese crumbles, apple cider aioli, wheat roll