

FEED YOURSELF WELL **NOURISH YOUR BODY & FUEL YOUR MIND**

Monday December 10th

Soup – Tomato Vegetable or Chicken & Rice
Turkey Shepard's Pie with Tuscan Side Salad
Vegetable Lasagna with Caesar salad and Mini Baguette
Also Available: *Greek Pasta Salad*

Tuesday December 11th

Soup- Chicken Coconut Curry or Minestrone
Sagra

Wednesday December 12th

Soup-Cauliflower and Split Pea
Sagra

Thursday December 13th

Soup- Tomato & Italian Wedding
Sagra

Friday December 14th

Soup – Chicken Noodle & Cream of Asparagus
Mediterranean Salmon with Roasted Vegetables & Quinoa
Philly Steak and Cheese with Chippers and Greek Salad
Available Sides- Rainbow Cole Slaw

**Also Available for substitution is grilled chicken breast instead
of the protein indicated**

SMART SNACKING IT'S ONLY NATURAL **KEEP IT FRESH**