

ALWAYS AVAILABLE Plant-Based Menu

NEW
ITEM

Vegan Cobb Salad

Baby Spinach / Romaine / Chickpeas / Grape Tomatoes / Cucumber /
Corn / Red Onion / Avocado / Garbanzo Beans / Radish
Dijon Vinaigrette

NEW
ITEM

Flat Bread Pizza

Vegan Cheese Pizza
Roasted Veggies / Arugula Pizza
Red Pepper / Tofu / Balsamic Glaze Pizza

NEW
ITEM

Hummus 3 Ways Plate

Plain Hummus / Roasted Red Pepper / Garlic /
with Spinach and Naan Bread

NEW
ITEM

Black Bean Burger

Lettuce / Tomato / Avocado Spread

NEW
ITEM

Vegan BLT Sandwich

Heirloom Tomatoes / Romaine Lettuce / Smokey Tofu /
Multigrain Bread

NEW
ITEM

Portobello Mushroom Sliders

Marinated Portobello Mushrooms / Fried Onions/
Red Onion Jam

NEW
ITEM

Garden Pasta Bowl

Spinach / Cauliflower / Zucchini / Corn / Plum Tomato Sauce
/ Chickpea Pasta

*Ordering from this menu is considered a complete meal of the day
Includes: Dessert, soup, a whole fruit & beverages.

** If Weekly menu is not to your liking, you can order from this menu**

ALWAYS AVAILABLE

REGULAR - ALWAYS AVAILABLE MENU

Sandwich Selections:

- ~ Choice of White, Wheat, Rye, or Gluten - Free Bread~
- ~ All sandwiches are served with sliced tomato, Lettuce & pickle~
- ~ Choice of Potato Chips, French Fries or Baked Sweet Potato~
- Chicken, Tuna, or Egg Salad
- Turkey or Ham
- BLT Sandwich
- Grilled Cheese Sandwich
- Grilled Chicken Sandwich

Daily Fish Selections:

Salmon, Catfish and Tilapia

ALSO AVAILABLE

Filet Mignon with Egg
Chef, Caesar, and Grilled Chicken Salads
Hamburger or Cheeseburger
Mini Burgers (1, 2, or 3 each)
Chicken, Tuna, and Egg Salad Cold Plate
Fruit with Cottage Cheese Plate

Daily Dessert Selection:

Assorted Ice Cream
Assorted Cookies or NSA Cookies
Fresh Seasonal Cut Fruit

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