





**MAKE THE CHOICE THAT'S RIGHT FOR YOU.**

 EAT WELL  LOCALLY SOURCED  VEGETARIAN  VEGAN  AVOIDING GLUTEN

LUNCH	Hot Food	QUIK PIK SANDWICH-	SNACK PAK
	served with Sliced Apples, Carrots	includes sandwich, Sliced Apples	
MONDAY	Honey Mustard Glazed Salmon over Basmati Rice 7.95 Curry Chick Peas over Brown Rice 7.65 	Mexican Taco Wrap Sun Butter & Jelly on Wheat Bread	Celery, Carrots, Sun Butter and Raisins  3.70 Apple, Grapes, Pretzels, Caramel 3.70  Hummus, Celery Carrot and Pita  3.70
TUESDAY	Herb Roasted Pork Loin w/ Roasted Cauliflower 7.95 Spaghetti & Vegetable Meatballs 7.65 	Portabella Mozzarella Wrap  7.75 Sun butter & Jelly on White bread 5.95	Celery, Carrots, Sun Butter and Raisins  3.70 Apple, Grapes, Pretzels, Caramel 3.70  Hummus, Celery Carrot and Pita  3.70
WELLNESS WEDNESDAY	Closed for Holiday		
THURSDAY	Closed for Holiday		
FRIDAY	Closed for Holiday		