WINTER LUNCH MENU

December 2021
January 2022
February 2022

GOURMET GORILLA

Monday	Tuesday	Wednesday	Thursday	Friday
January 3 Pasta w/ Turkey Bolognese *Pasta w/ Veggie Bolognese* Sweet Peas Applesauce	**January 4** Pad Thai w/ Chicken *Pad Thai w/ Tofu* Brown Rice Steamed Carrots Melon	**January 5** Pizza Dippers Marinara Sauce Squash Medley Pineapple	**January 6** Turkey Sausage Patty *Veggie "Sausage" Patties* WG Pancake Broccoli Melon	**January 7** WG Chicken Nuggets *Veggie Nuggets* WG Bread Peas & Carrots Orange Slices Ketchup
January 10 Kung Pao Chicken *Kung Pao Tofu* Brown Rice Green Beans Melon	**January 11** Pasta w/ Tomato Cream Sauce Mozzarella Cheese Broccoli Apple Slices	**January 12** Turkey Meatloaf *Veggie "Meat"loaf* WG Roll Roasted Sweet Potatoes Appleberry Sauce	**January 13** Turkey Sloppy Joe *Veggie Sloppy Joe* WG Hamburger Bun Roasted Beets Pear Slices	**January 14** Cheese Ravioli Marinara Sauce Cucumber Salad Fruit Salad CHP
January 17 Roasted Turkey w/ Gravy *Tofu w/ Gravy* WG Roll Mashed Potatoes Apple Slices	**January 18** Creamy Mac & Cheese Broccoli Orange Slices	**January 19** Turkey Taco *Veggie Taco* Flour Tortilla Peppers & Onions Salsa Pineapple	**January 20** Pasta w/ Creamy Garlic Sauce Mozzarella Cheese Roasted Sweet Potatoes Melon	**January 21** WG Chicken Nuggets *Veggie Nuggets* WG Bread Steamed Carrots Pearsauce Ketchup
January 24 Adobo Chicken *Adobo Tofu* Brown Rice Sweet Peas Orange Slices	**January 25** Pasta w/ Roasted Red Pepper Sauce & Mozzarella Cheese Cauliflower Fruit Salad CHP	**January 26** Three Bean Chili Shredded Cheddar Cheese Corn Bread Roasted Potatoes Pear Slices	**January 27** Creamy Mac & Cheese Broccoli Pineapple	**January 28** Beef Burger *Veggie Burger* WG Hamburger Bun Green Beans Apple Slices Ketchup
January 31 Pad Thai w/ Chicken *Pad Thai w/ Tofu* Brown Rice Sweet Peas Applesauce				

WG = Whole Grain
CHP = Cantaloupe, Honeydew, Pineapple

GOURMET GORILLA

GF/DF/EF LUNCH MENU

December 2021
January 2022
February 2022

Monday	Tuesday	Wednesday	Thursday	Friday
January 3 GF/DF/EF Pasta w/ Turkey Bolognese Sweet Peas Applesauce	January 4 Pad Thai w/ Chicken Brown Rice Steamed Carrots Melon	January 5 GF/DF/EF Pizza Squash Medley Pineapple	January 6 Turkey Sausage Patty GF/DF/EF Waffle Broccoli Melon	January 7 Grilled Chicken GF/DF/EF Bread Peas & Carrots Orange Slices Ketchup
January 10 Kung Pao Chicken Brown Rice Green Beans Melon	January 11 GF/DF/EF Pasta w/ Turkey Bolognese Broccoli Apple Slices	January 12 GF/DF/EF Turkey Meatloaf GF/DF/EF Bread Roasted Sweet Potatoes Appleberry Sauce	January 13 Turkey Sloppy Joe GF/DF/EF Hamburger Bun Roasted Beets Pear Slices	January 14 GF/DF/EF Pasta w/ Turkey Bolognese Cucumber Salad Fruit Salad CHP
January 17 Roasted Turkey w/ Gravy GF/DF/EF Bread DF Mashed Potatoes Apple Slices	January 18 GF/DF Creamy Mac & Cheese Broccoli Orange Slices	January 19 Turkey Taco Corn Tortilla Peppers & Onions Salsa Pineapple	January 20 GF/DF/EF Pasta Creamy DF Garlic Sauce DF Mozzarella Roasted Sweet Potatoes Melon	January 21 Grilled Chicken GF/DF/EF Bread Steamed Carrots Pearsauce Ketchup
January 24 Adobo Chicken Brown Rice Sweet Peas Orange Slices	January 25 GF/DF/EF Pasta w/ Roasted Red Pepper Sauce DF Mozzarella Cheese Cauliflower Fruit Salad CHP	January 26 Three Bean Chili GF/DF/EF Bread Roasted Potatoes Pear Slices	January 27 GF/DF Creamy Mac & Cheese Broccoli Pineapple	January 28 Beef Burger GF/DF/EF Hamburger Bun Green Beans Apple Slices Ketchup
January 31 Pad Thai w/ Chicken Brown Rice Sweet Peas Applesauce				

All items on this lunch menu are gluten-free/dairy-free/egg-free.

CHP = Cantaloupe, Honeydew, Pineapple