



# WINTER LUNCH MENU

January 2026



**GOURMET  
GORILLA**

Monday    Tuesday    Wednesday    Thursday    Friday

Monday, January 5 Bell & Evans Chicken Nuggets <i>GF/DF/EF Veggie Nuggets</i> WG Bread Green Beans Strawberry Applesauce Cup Ketchup	Tuesday, January 6 Tortellini w/Marinara Sauce Mozzarella Cheese Steamed Peas Pineapple	Wednesday, January 7 BBQ Chicken <i>Southern Lentils w/Brown Rice</i> Cornbread Broccoli Apple Slices	Thursday, January 8 Pizza Muffin Marinara Sauce Cucumber Slices Melon	Friday, January 9 Beef Sloppy Joe <i>Veggie Sloppy Joe</i> WG Hamburger Bun Seasoned Potatoes Applesauce
Monday, January 12 Pizza Bread Garlic Green Beans Pear Slices Marinara Sauce	Tuesday, January 13 Mojo Chicken <i>Greek Tomato Lentils w/Brown Rice</i> WG Pita Squash Medley Apple Slices	Wednesday, January 14 Penne w/Turkey Bolognese Sauce <i>Penne w/Veggie Bolognese Sauce</i> Broccoli Melon	Thursday, January 15 Fajita Chicken <i>Fajita Tofu</i> Mozzarella Cheese WG Hoagie Bun GF/DF/EF Coleslaw Fruit Salad CP Sautéed Fajita Peppers	Friday, January 16 Tortellini w/Marinara Sauce Mozzarella Cheese Steamed Carrots Applesauce
Monday, January 19 Bell & Evans Chicken Nuggets <i>GF/DF/EF Veggie Nuggets</i> WG Bread Green Beans Appleberry Sauce Ketchup	Tuesday, January 20 Creamy Mac & Cheese Broccoli Pear Slices	Wednesday, January 21 Kung Pao Chicken <i>Kung Pao Tofu</i> (Not So) Fried Rice Peas & Carrots Melon	Thursday, January 22 Turkey Sausage Patties <i>Veggie Sausage Patties</i> WG French Toast Sticks Cucumber Slices Fruit Salad HP	Friday, January 23 Turkey Chorizo <i>Veggie Taco "Meat"</i> Flour Tortilla Red Pepper Strips Orange Slices Salsa
Monday, January 26 Peri Peri Chicken <i>Peri Peri Tofu</i> Arroz Verde Steamed Carrots Pear Slices	Tuesday, January 27 Ravioli w/Tomato Cream Sauce Mozzarella Cheese Squash Medley Apple Slices	Wednesday, January 28 Turkey Chili <i>Three Bean Chili</i> Shredded Cheddar Cheese Cornbread Roasted Potatoes Melon	Thursday, January 29 WG Chicken Patty <i>Veggie Burger</i> WG Hamburger Bun Broccoli Fruit Salad CP Ketchup	Friday, January 30 Broccoli Cheddar Casserole Steamed Carrots Applesauce

WG= Whole Grain  
CHP= Cantaloupe, Honeydew, Pineapple

GourmetGorilla.com