

Breakfast and Lunch Menus

August 16, 2021 - August 20, 2021

Week 1

BREAKFAST		LUNCH	
Monday			
<ul style="list-style-type: none">• Cereal (whole grain, gluten free)• Dried berries (75% raisins)• Fresh strawberries, sliced		<ul style="list-style-type: none">• Cuban black beans• Tortillas, spinach (gluten free)(not a wrap)• Spiced sweet potatoes• Tropical fruit salad	
Tuesday			
<ul style="list-style-type: none">• English muffin (whole grain, gluten free)• Fresh pears, sliced		<ul style="list-style-type: none">• Lemon herb chicken• Vegan option: lemon herb chickpeas• Quinoa pilaf• Fresh blueberries	
Wednesday			
<ul style="list-style-type: none">• Cinnamon-raisin bagel (gluten free)• Cream cheese (vegan)• Melon (cubed)		<ul style="list-style-type: none">• Cheese-on-toast (whole grain) Vegan option: vegan cheese, vegan butter, gluten free bread• Coconut tomato soup (vegan)• Fresh peaches (sliced or halves)	
Thursday			
<ul style="list-style-type: none">• Carrot muffin (vegan)• Banana (half)		<ul style="list-style-type: none">• Baked ziti (whole wheat, gluten free)• Beef bolognese• Vegan option: TVP Bolognese• Lettuce salad with sunflower seeds<ul style="list-style-type: none">◦ Raspberry vinaigrette• Fresh plums (sliced or halves)	
Friday			
<ul style="list-style-type: none">• Whole wheat biscuit (Vegan)• Vegan apple butter• Fresh peaches (sliced or halves)		<ul style="list-style-type: none">• Spinach, vegetable & feta frittata• Vegan option: Tofu frittata w/spinach & vegetables• Multi-grain roll (gluten free)• Roasted asparagus• Creamy lemon dip (vegan)• Rainbow fruit salad	

All meals are individually prepared and wrapped daily by Southside Kitchen