



EVERY FRIDAY DURING LENT, NO MEAT WILL BE SERVED IN CAFETERIA

The Hot Stove
Lunch Special

**No Gluten Alternative Hot Meal*

Hot Off the Press
Panini or Grilled Wrap of the day
\$6.50

Field of Greens
Specialty Salad
\$4.50

MONDAY
Regular or Whole Grain Pasta

Marinara
Turkey Bolognese
Broccoli, Mushroom
Roasted Pepper Pesto (no nuts)

Large **\$7.50**
Small **\$6.50**

*Gluten Free Pasta
Broccoli, Mushroom
Marinara*

*Turkey, Brie and Cranberry Sauce
Whole Grain Wrap*

Baby Arugula and Parmesan

SHROVE TUESDAY

2 Pancakes with Fruit, Country Sausages
Maple Syrup
\$6.50

Blackened Chicken
Vegetable and Bean Jambalaya
\$8.50

*Blackened Chicken
Vegetable and Bean Jambalaya*

Grilled Muffaletta
Green Olive Tapenade, Provolone
Black Forest Ham, Salami
Hot Peppers, Mozzarella
Rustic Ciabatta

*Romaine lettuce, Purple cabbage
Yellow bell pepper
Grainy Mustard dressing*

ASH WEDNESDAY
Homemade Southern Battered Fried Haddock
Or Baked Herbed Haddock
With Coleslaw, Tartar Sauce
With Fries or Greek Salad
\$8.50

Butternut Squash Baked Pasta
With Spinach and Mushroom
Large **\$7.50** Small **\$6.50**
4 Cheese Multigrain Panini
With Fries or Greek Salad
\$8.50

*Baked Haddock
Roast Sweet Potato
Steamed Vegetable*

*Smoked Salmon
Cream Cheese, Baby Spinach
Cucumber
Whole Grain Wrap*

*Kale and Quinoa
Caesar Salad*

THURSDAY

CHEF'S CHOICE

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CHEF'S CHOICE

CHEF'S CHOICE

FRIDAY

CHEF'S CHOICE

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