

## Grab & Grow! Hot Lunch Specials

**Specials Are Subject To Change Without Notice**

<i><b>Monday</b></i>	<i><b>Tuesday</b></i>	<i><b>Wednesday</b></i>	<i><b>Thursday</b></i>	<i><b>Friday</b></i>
<b>January 2, 2023</b>	<b>January 3, 2023</b>	<b>January 4, 2023</b>	<b>January 5, 2023</b>	<b>January 6, 2023</b>
<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>
<b>1/9/2023</b>	<b>1/10/2023</b>	<b>1/11/2023</b>	<b>1/12/2023</b>	<b>1/13/2023</b>
Baked Fried Chicken Mashed Potatoes Broccoli	Beef Teriyaki Stir Fry White Rice Green Peas	Chicken Pad Thai Green Beans	Shrimp Creole Wild Rice Pilaf Vegetable Medley	Montreal Chicken White Rice Green Beans
<b>January 16, 2023</b>	<b>January 17, 2023</b>	<b>January 18, 2023</b>	<b>January 19, 2023</b>	<b>January 20, 2023</b>
Beef Panang Curry White Rice	Shepherds Pie Steamed Broccoli	Garlic Chicken Breast Sweet Potato Wedges Veg Medley	Chicken & Cheese Crisпитos Rice Pilaf Green Peas	Beef & Mushroom Ragout Mashed Potatoes Roasted Butternut Squash
Pasta w. Tofu & Vegan Cream	Stuffed Shells	Indian Tempeh	Vegan Pad Thai	Sweet Potato Black Eyed Pea Chili
<b>January 23, 2023</b>	<b>January 24, 2023</b>	<b>January 25, 2023</b>	<b>January 26, 2023</b>	<b>January 27, 2023</b>
Chicken Parmesan Linguine Summer Squash	Chinese BBQ Pork White Rice Ginger Sauteed Veg	Jerk Seasoned Chicken Brown Rice Carrots	Hearty Beef Stew White Rice	Chicken Scallion Saute Rice Cumin Carrots
Ziti Parmesan	Roasted Garlic Alfredo Pasta Bake	Rice Noodle and Tofu Stir Fry	Roasted Tofu with Vegetables	Pasta with Spinach & Tofu
<b>January 30, 2023</b>	<b>January 31, 2023</b>	<b>February 1, 2023</b>	<b>February 2, 2023</b>	<b>February 3, 2023</b>
Chicken & Cheese Crisпитos Spanish Rice Cut Carrots	Cod with Cannellini Beans & Greens Mashed Potatoes Broccoli	Teriyaki Chicken Vegetarian Egg Roll Veggie Fried Rice	Beef Tips in Gravy Egg Noodles Veg Medley	Chicken Stuffed Broc & Cheese Steamed Red Potatoes Roasted Brussels
Stir Fry Veggies with Tofu	Mannicotti	Grilled Polenta with Roasted Veggies	Vegan Pad Thai	Linguini Pesto Pasta Bake