



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL DAY	Pastries, Beverages-Hot & Cold, Yogurt, Milk, Whole Fruits, Snacks, Desserts				
SOUPS	Pasta Fagoli (VGN) Curried Chicken (H)(GF)(DF)	Split Pea and roasted pepper (GF)(VGN) Seafood Chowder (H)(GF)	Quinoa Vegetable with Kale (GF)(VGN) Chicken Noodle (H)(DF)	Cream of Mushroom (GF)(VEG) Hearty Beef vegetable (H)(GF)(DF)	Moroccan Brown Lentil (GF)(VGN) Tom Yum Chicken (H)(GF)(DF)
DELI SANDWICHES EVERYDAY	Classic Egg Salad on a Wrap(VEG) / Hummus and Roast Vegetables(VGN) / Tuna Salad on a Kaiser(H) / Roast Turkey and Cheddar Cheese				
SALADS EVERYDAY	Garden Salad / Crudités / Salad Bowl with Meat or Vegetable Protein				
ENTRÉE PASTA BAR	<u>OPTION 1</u> 1. Pick your Pasta: <i>Gluten free option available</i> 2. Pick your Sauce: - Marinara (NUT FREE)(VGN) (GF) - Béchamel (NUT FREE)(VEG) (GF) Garlic Bread (Vegetarian)		<u>OPTION 2</u> 1. Pick your Pasta: <i>Gluten free option available</i> 2. Pick your Sauce: - Marinara (NUT FREE)(VGN) (GF) - Béchamel (NUT FREE)(VEG) (GF) 3. Pick One Protein: -Chicken (H) -Sausage or Ham -Beef (H) -Romano Beans 4. Pick Three Vegetable Toppings: -Tomato -Zucchini -Spinach -Eggplant -Mushroom -Red Onion -Sliced Peppers -Black Olives Garlic Bread (Vegetarian)		
\$6 Lunch special on Wednesdays	Based on Option 1 of Pasta Bar Available to only Vic students, Faculty and Staff				
<i>Toppings subject to change</i>					