



# Hot Meals Weekly Menu

[Mondays, Tuesdays, Wednesdays, Thursdays: 11:30 a.m. - 1:30 p.m.](#)

**MONDAY**  
**9/29**



**Turkey or Beef French Dip Sandwich**  
with fries and sweet peas

**Jackfruit Sandwich**  
with fries and sweet peas

**TUESDAY**  
**9/30**



**Citrus Basil Cod**  
coconut rice and garlic spinach

**Citrus Basil Tofu**  
coconut rice and garlic spinach

**WED. 10/1**



**Blueberry BBQ Glazed Chicken**  
mashed potatoes and broccoli

**Plant-Based Protein with Blueberry  
BBQ Glaze**  
mashed potatoes and broccoli

**THURSDAY**  
**10/2**



**Ground Beef Tacos**  
black beans and rice

**Tacos with Plant-Based Protein**  
black beans and rice



**Menu items subject to change based on market availability.**