



Hot Meals Weekly Menu

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

MONDAY
10/6

Turkey Meatballs
with pasta and Brussels sprouts



Plant-Based “meatballs”
with pasta and Brussels sprouts

TUESDAY
10/7

Garlic Sesame Salmon
with rice and asparagus



Garlic Sesame Tofu
with rice and asparagus

WED. 10/8

Cabbage Rolls (beef & yellow rice)
mashed potatoes and cauliflower



Cabbage Rolls (plant-based “beef”)
mashed potatoes and cauliflower

THURSDAY
10/9

Smothered Chicken (mushroom gravy)
with rice and lima beans



Smothered Jackfruit (mushroom gravy)
with rice and lima beans



Menu items subject to change based on market availability.