

# FARMACY LUNCH BOX

## Feel Good Lunch Menu:

### **Turkey Meatballs with Fusilli Pasta and Seasonal Vegetable**

*your choice:* marinara or olive oil pasta

contains: poultry, gluten, egg

### **Cheese Quesadilla**

on whole wheat tortilla, with salsa and southwest black beans on the side  
*your choice:* vegetarian (as is) or lemon herb chicken

contains: dairy, gluten

### **Chicken Mozzarella Sandwich**

deli roll, lemon herb chicken, mozzarella, spinach  
with spicy peanut dipping sauce and Cape Cod Potato Chips on the side

contains: poultry, dairy, gluten, sauce contains nuts

### **Peanut Butter & Strawberry Jelly Sandwich**

with apple or banana and Cape Cod Potato Chips on the side  
*your choice:* no jelly

contains: nuts, gluten

### **Southwest Rice Bowl**

brown rice, southwest black beans, spinach, cashew queso,  
roasted red pepper sauce

*your choice:* vegan (as is) or lemon herb chicken

contains: nuts. lemon herb chicken is dairy and gluten free.

### **Harvest Chickpea Salad**

greens, carrots, roasted sweet potato, herbed chickpeas, sunflower  
seeds, lemon pepper vinaigrette

contains: seeds



gluten-free



vegan



vegetarian