

# **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



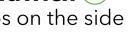
on whole wheat tortilla, with salsa and southwest black beans on the side your choice: vegetarian (as is) or lemon herb chicken

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











