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