



Lunch Meal Suggestions

From Tasty Temptations

Sandwiches- Served with variety of Kettle Cooked Chips

CHICKEN:

- Chicken and Provolone on French Roll with Roasted Red pepper and chipotle mayo.
- Chicken Salad on Croissant with Sprouts
- Oven Roasted Chicken on multi grain bread with sprouts, tomato, cucumber and honey mustard

TUNA:

- Tuna Panini on Country Bread with Cheddar
- Tuna Salad on Whole Grain Bread with Sprouts and Cucumber Slices

HAM/ PORK

- Avocado and Ham on a Baguette
- Ham & Swiss w/ Baby Spinach in Spinach and Herb wrap w/ Dijon Mayo
- Ham & Cheddar w/ Romaine on Multi-grain with stone ground mustard
- Baked ham and Brie cheese on Baguette
- Pulled Pork on Sour Dough Roll with Pickle

TURKEY:

- Turkey & Pepperjack w/Romaine and Chipotle Mayo on Jalapeno Cheddar wrap
- Turkey with Avocado on Multi-grain bread with red onion and mayo

VEGETARIAN:

- Summer Tomato, Mozzarella, and Basil Panini with Balsamic Dressing
- Grilled Zucchini Caprese Sandwich on Italian Country Roll (Ciabatta)
- Vegetable Sandwich (shredded beet, carrot, sliced pear, goat cheese and greens on multigrain bread)
- Oven Roasted Vegetables on Ciabatta w/ Pesto Mayo

SALADS:

- Dixie Slaw ● Caesar Salad ● Cucumber & Dill ● Pasta Salad ● Old Fashioned Potato Salad ● Tomato and Avocado ● Marinated mixed Vegetables ● Couscous with cherry tomatoes ● Shrimp and Orzo ● Caprese ● Quinoa with Pecans and Dried Cranberries (Craisens)

FRUIT: Mixed Fresh fruits of the season ● Apple ● Pear ● Orange ● Plum ● Grapes ● Banana

DESSERT: Chocolate Chip Cookie ● Oatmeal Cookie ● Monster Cookie ● Brownie ● Blondie ● 7-layer bar

BEVERAGES: Soft drinks ● Ice Tea ● Lemonade ● Water

