



M Roasted Tomato, Cannellini Bean Soup **FIT**

BALSAMIC HONEY CHICKEN THIGHS FIT

Garlic Roasted Potatoes **FIT**

Roasted Vegetables **FIT**

Of the Season Tuna Pasta Salad

Deli Curry Roast Vegetables, Whole Grain Flatbread **FIT**

Grill Lemon Pepper Chicken Burger

T Vegetable Orzo Parmesan Soup **FIT**

WELLNESS: MEDITERRANEAN BROTH BOWLS FIT

Farro **FIT**

Roasted Eggplant **FIT**

Of the Season Quinoa, Beet Salad

Deli Chimichurri Chicken Salad Sandwich

Grill Smoked Turkey, Swiss Grilled Cheese

W Lentil Brown Rice Soup **FIT**

BAKED SALMON NO-NUT PESTO CRUMBS

Orzo Pilaf **FIT**

Garlic Roasted Green Beans **FIT**

Of the Season Antipasto Salad

Deli Turkey, Swiss, Spinach Ciabatta

Grill Monte Cristo

Th Pasta E Fagioli with Sausage Soup **FIT**

BRUNCH FOR LUNCH PANCAKES

Sweet Potato Hash **FIT**

Tuscan Kale Caesar Salad **FIT**

Of the Season Vegetable Couscous Salad

Deli Ham Brie, Apple Flatbread

Grill Choripan Sandwich

F New England Clam Chowder

RAVIOLI BAR

Vegetable of the Day

Of the season Farro, Arugula Salad

Deli Egg Salad, Avocado, Lettuce, Tomato

Grill Grilled Cheese, Tomato Sandwich

Functional FOODS:

SEEDS

Chocolate Chia Avocado Pudding **FIT** for dessert all week

LET'S TALK WELLNESS

NATIONAL NUTRITION MONTH: MAKE EVERY DAY MEDITERRANEAN

Enjoy our new **FIT** Mediterranean Broth Bowls featuring flavorful housemade broths, whole grains, fish, and lots of veggies!