

WHAT'S COOKING THIS WEEK ...

Monday		Week 1
Soup & Salad	Soup du Jour, Greek Salad	
Lunch Entree	Chicken Schwarma Pita, Lettuce & Tomato, Tahini Lemon Sauce	
Vegetarian Lunch	Tempeh Gyro with Tomato & Lettuce	
Dinner Entree	Cauliflower & Garbanzo Curry with Spinach and Tomato Sauté, Lentil Dal	
Sides	Basmati Rice, Roasted Eggplant & Peppers	
Tuesday		
Soup & Salad	Soup du Jour, Mixed Greens Salad	
Lunch Entree	Meatball Sub with Marinara Sub	
Vegetarian Lunch	Vegan "Meatball" with Marinara Sub	
Dinner Entree	Taco Tuesday, Beef, Chicken, Charred Tomato Salsa, Avocado, Tortillas	
Vegetarian Dinner	Taco Tuesday, Vegan Filling, Charred Tomato Salsa, Avocado, Tortillas	
Sides	Rice & Pinto Beans, Sautéed Squash Medley	
Wednesday		
Soup & Salad	Soup du Jour, Faro Salad with Fresh Tomatoes	
Lunch Entree	Ramen Noodle Bowl, Shredded Veggies, Diced Chicken, Chicken Tonkatsu Style Broth	
Vegetarian Lunch	Ramen Noodle Bowl, Shredded Veggies, Tofu, Vegan Broth	
Dinner Entree	Carolina BBQ Beef	
Vegetarian Dinner	Grilled Carolina Tofu	
Sides	Sautéed Green Beans, Spinach with Figs & Raisins	
Thursday		
Soup & Salad	Soup du Jour, Grilled Asparagus Salad	
Lunch Entree	Chicken Enchiladas with Salsa Roja Charra	
Vegetarian Lunch	Cheese Enchiladas with Salsa Roja Charra	
Dinner Entree	Falafel, Hummus Pita, Baba Ganoush, Zatar Spice Roasted Chicken, Pita	
Vegetarian Dinner	Falafel, Hummus Pita, Baba Ganoush, Pita	
Sides	Spanish Rice, Stewed Black Beans, Fresh Vegetable Sauté	
Friday		
Soup & Salad	Soup du Jour, Panzanella Tomato Salad	
Lunch Entree	Burger, Brioche Bun, Topping Bar	
Vegetarian Entrée	Beyond Burger, Brioche Bun, Topping Bar	
Sides	Baked Potato Bar, Corn on the Cob, Fresh Fruit	
Sunday		
Soup & Salad	Soup du Jour, Iceberg Salad with Beet Vinaigrette	
Lunch Entree	Corned Beef Sandwich	
Vegetarian Lunch	GF Vegan Grilled Cheese	
Dinner Entree	Chicken Pasta Primavera with Fresh Herbs	
Vegetarian Dinner	Pasta Primavera with Fresh Herbs	
Sides	Tater Tots, Roasted Root Vegetables, Garlic Baked Tofu	



Hours

Sunday – Thursday
11:00 AM – 8:00 PM
Friday
11:00 AM – 4:00 PM

Shabbat Meals

Available Friday evening
and Saturday for pick up at
Wilder Decaf



Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

YOUR MENU