

rent a chef

Hot Lunch Sample Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Free Range BBQ Chicken on Whole Grain Bread Garden Salad and Dressing Fresh Fruit Salad	Free Range Chicken Parmesan Zucchini & Carrots Garlic Bread Fruit Yogurt	Grass Fed Chili con Carne Cheesy Corn Bread Jicama & Cucumber Salad Watermelon	Chicken Pot Pie Garden Salad Yogurt Ranch Dressing Apples	Oven Fried Tilapia Mac & Cheese Carrots & Celery with Ranch Yogurt Dip Bananas
8	9	10	11	12
Sweet & Sour Chicken Confetti Rice Mixed Veggies Orange Wedges	Spaghetti Bolognese Whole Grain Bread Parmesan Broccoli Melon Wedges with Yogurt Dressing	Chicken Enchiladas Carrot & Celery Sticks Mexican Corn Fruit Yogurt	Home Made Beef Meatloaf Mashed Potatoes Sauteed Green Beans Fresh Cut Pine Apple	Tuna Melt on Whole Wheat Pita Butternut Squash Mac & Cheese Cucumber Tomato Salad Apple Sauce
15	16	17	18	19
Baked Free Range Chicken Breast Pita Bread Lettuce Tomato & Cucumber with Yogurt Dressing Fruit Salad	Baked Arancini: Beef, cheese, peas & rice with Marinara Caesar Salad Apples & Yogurt Dip	Chicken Tacos Lettuce, Tomato, Sour Cream & Shredded Cheese Watermelon	Sloppy Joe on Whole Grain Bun Cheesy Broccoli & Cauliflower Bananas	Cheese Ravioli Vegetable Marinara Garden Salad French Bread Mandarins
22	23	24	25	26
Oven Fried Chicken Sweet Potatoes & Squash Steamed Sweet Peas Fruit Salad	Cheese Lasagna Cheesy Garlic Bread Broccoli Caesar Salad Grapes	Beef Nachos with Shredded Cheese Lettuce Tomatoes & Sour Cream Orange Wedges	Shepherd's Pie: beef, peas, carrots & mashed potatoes Carrot Sticks Cheesy Garlic Bread Yogurt	BBQ Salmon Whole Grain Bun Cheese & Veggie Rissotto Garden Salad Cinnamon Apple Krispies