

# Walden Hot Lunch 2018-19 Menus, Dates, Ingredients

## MONDAYS

### Menu #1 (14 meals)

<b>Rice and Bean Burritos</b> with guacamole and seasonal fruit salad (Romega Catering)	10/22, 11/5, 11/19, 12/3, 12/17, 1/14, 1/28, 2/11, 2/25, 3/11, 3/25, 4/15, 4/29, 5/13	1 serving: \$8.50 2 servings: \$11 (double protein)
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**Ingredients:**

Pinto beans, long grain rice, flour tortilla, cotija cheese. Sides - avocado, lime juice, salt, watermelon, pineapple, melon. *Contains: wheat, dairy*

### Menu #2 (11 meals)

<b>Mediterranean Chicken Kebabs or Falafel</b> with Persian rice and honey glazed carrots (Romega Catering)	10/15, 10/29, 11/12, 12/10, 1/7, 2/4, 3/4, 4/8, 4/22, 5/6, 5/20	1 serving: \$8.50 2 servings: \$11 (double protein)
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**Ingredients:**

Boneless/skinless chicken thighs, curry powder, onions, garlic, canola oil OR chickpea, chickpea flour, onion, salt, baking powder, cumin, canola oil, parsley, yogurt sauce. Sides - salt, basmati rice, butter, carrots, honey. *Contains: dairy*

## WEDNESDAYS

### Menu #1 (13 meals)

<b>Fried Chicken Tenders or Fried Cauliflower Bites</b> with baked sweet potato fries and seasonal vegetable (Romega Catering)	10/10, 10/24, 11/7, 12/5, 12/19, 1/16, 1/30, 2/13, 2/27, 4/17, 5/1, 5/15, 5/29	1 serving: \$8.50 2 servings: \$11 (double protein)
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**Ingredients:**

Chicken tenders (OR cauliflower), buttermilk, salt, all purpose flour, canola oil. Sides - sweet potato, green beans (or other seasonal vegetable). *Contains: wheat, dairy*

## WEDNESDAYS (continued)

### Menu #2 (14 meals)

<b>Chicken Yakitori or Tofu</b> with steamed white rice and grilled broccoli (Romega Catering)	10/17, 11/14, 11/28, 12/12, 1/9, 1/23, 2/6, 2/20, 3/6, 3/20, 4/10, 4/24, 5/8, 5/22	1 serving: \$8.50 2 servings: \$11 (double protein)
<b>Ingredients:</b> Boneless/skinless chicken thighs (OR tofu), soy sauce, mirin, brown sugar, garlic, ginger, canola oil. Sides - rice, broccoli. <i>Contains: wheat, soy</i>		

## FRIDAYS

### Menu #1 (11 meals)

<b>Chicken Satay or Tofu</b> with steamed white rice and cucumber salad (Saladang)	10/12, 10/26, 11/9, 12/7, 1/18, 2/1, 3/1, 4/19, 5/3, 5/17, 5/31	1 serving: \$8.50 2 servings: \$11 (double protein)
<b>Ingredients:</b> Chicken, soy sauce (no peanuts) OR tofu, vegetable oil. Sides - white rice, cucumbers, salt, seasoned rice vinegar. <i>Contains: wheat, soy</i>		

### Menu #2 (13 meals)

<b>Cheese Pizza</b> with baby carrots and seasonal citrus (Romeo's)	10/19, 11/16, 11/30, 12/14, 1/11, 1/25, 2/8, 2/22, 3/8, 3/22, 4/12, 4/26, 5/10	1 serving: \$5 2 servings: \$7 3 servings: \$9
<b>Ingredients:</b> Flour, yeast, salt, oil, tomato sauce, cheese. Sides – baby carrots, seasonal citrus. <i>Contains: wheat, dairy</i>		