

St. Luke's Green Cuisine

Week Two Lunch

Monday

Cider Glazed Lava Lake Lamb Meatballs
Mashed Idaho Potatoes & Roasted Seasoned Carrots
Bigwood French Roll
Potato & Rosemary Pizza
Soup: Homemade Chicken & Wild Rice
Salads: Creamy Coleslaw
Dessert: Homemade Cranberry Cherry Crumble

Tuesday

Kidney Bean Coconut Curry & Basmati Rice
Pecan Crusted Idaho Trout
Roasted Sweet Potato Wedges
Garlic Breadstick
Soup: Homemade Caribbean Jerk Chicken
Salad: Spinach & Orange or Cranberry Brown Rice
Dessert: Homemade Wheat Brownie

Wednesday

Fresh Tomato & Basil Lasagna
Grilled Sesame Green Beans
Cilantro Lime Chicken
Mixed Grains & Vegetables
Wheat Roll
Soup: Homemade Lentil & Sweet Potato
Dessert: Homemade Apple Crisp

Thursday

Winter Vegetable Quesadilla
Chipolte Sloppy Joes
Build Your Own Sandwich Bar
Soup: Homemade Hearty Beef Stew
Salad: Curried Turkey or Broccoli
Dessert: Homemade Cheesecake

Friday

Tortilla Crusted Tilapia
Baked Winter Squash
Chicken Parmesan over Noodles
Roasted Root Vegetables
Bigwood French Roll
Soup: Carrot Ginger
Salad: Lentil with Mint & Ginger
Dessert: Homemade Oatmeal Chocolate Chip Cookie