



# Lancaster Regional

## 2024 “Between Sessions” Meals

### Monday, October 28

Chicken Piccata, Polenta, Seasonal Vegetable  
Caesar Salad w/Parmesan, crouton, Caesar dressing  
*GF/Vegan Option: Stuffed Peppers*

### Tuesday, October 29

Make Your Own Sandwich – Chicken Salad, Tuna Salad – w/sliced tomato & American cheese  
Garden Salad, 3-bean Salad, Chips, Pickles  
*GF/Vegan Option: Mexican Lettuce Wrap*  
*(black bean burger, roasted red pepper, cabbage, tomato, onion, cumin & lime vinaigrette)*

### Wednesday, October 30

Soup Bar: Choice of Roasted Red Pepper/Tomato Bisque and Hearty Italian Wedding Soup  
Garden Salad, Grilled Chicken bites, Dinner Roll & butter, pickles

### Thursday, October 31

Taco Salad, Spanish Rice  
(taco meat, chopped lettuce, tomatoes, diced sweet onions, salsa, sour cream, tortilla chips, nacho cheese, jalapeno)  
*GF/Vegan Option: Lentil “taco meat”*

### Friday, November 1

Build Your Own Meatball Sub (choice of all-beef or turkey meatballs)  
(Marinara, provolone, parmesan, American cheese)  
Garden Salad, Chickpeas  
*GF/Vegan Option: Mediterranean Summer Roll (hummus, zucchini, bell pepper, spinach, cucumber, rice paper wrap)*

### Saturday, November 2

Soup Bar: Hearty Chicken Noodle Soup and Curried Butternut Squash Bisque  
Garden Salad, Grilled Chicken bites, Dinner Roll & butter, pickles

### Sunday, November 3

Baked Potato Bar (vegan chili, diced chicken, cheese sauce, bacon, sour cream, butter, chives, steamed broccoli, diced sweet onion, diced tomato)  
Garden Salad, Chickpeas

### **Additional Details:**

GF bread/rolls available daily  
Beverage choices: water, ice tea, hot coffee & tea  
Garden Salad includes carrots, tomato, cucumber; salad dressing choices

