








Lancaster Regional - 2025 Complimentary Lunch Menu





Monday, October 27

-  Chicken Piccata, Rice Pilaf, Seasonal Vegetable
-  Garden Salad
-  GF/Vegan Option: *Stuffed Peppers*





Tuesday, October 28

-  Make Your Own Sandwich – Chicken Salad, Tuna Salad – w/sliced tomato & American cheese
-  Garden Salad
-  Chips, Pickles
-  GF/Vegan Option: *Mediterranean Summer Roll (hummus, zucchini, bell pepper, spinach, cucumber, rice paper wrap)*





Wednesday, October 29

-  Build Your Own Meatball Sub (choice of all-beef or turkey meatballs) w/Marinara, provolone, parmesan, American cheese
-  Garden Salad
-  Chips, Pickles
-  GF/Vegan Option: *Mexican Lettuce Wrap (blackbean burger, roasted red pepper, cabbage, tomato, onion, cumin & lime vinaigrette)*




Thursday, October 30

-  Taco Salad, (taco meat, grilled chicken, lettuce, tomatoes, diced sweet onions, salsa, sour cream, tortilla chips, nacho cheese, jalapeno, cucumbers, shredded carrots)
-  Spanish Rice
-  Chips, Pickles
-  GF/Vegan Option: *Lentil “taco meat”*





Friday, October 31

-  Make Your Own Sandwich – Chicken Salad, Tuna Salad – w/sliced tomato & American cheese
-  Garden Salad
-  Chips, Pickles
-  GF/Vegan Option: *Mediterranean Summer Roll (hummus, zucchini, bell pepper, spinach, cucumber, rice paper wrap)*

Saturday, November 1

-  Soup Bar: Hearty Chicken Noodle Soup and *V/GF Minestrone*
-  Garden Salad, Grilled Chicken
-  Roll & Butter, Chips, Pickles

Additional Details:

-  Garden Salad includes: greens, cucumber, carrot, tomato, 3-bean salad, red onion, dressing options
-  GF bread/rolls available daily
-  Beverage choices: water, ice tea, hot coffee & tea
-  Dessert offered each day