

LANCASTER REGIONAL – 2026 COMPLIMENTARY FOOD MENU

Monday, October 26

- ♠ Pan Seared Chicken with Herb Gravy, Rice Pilaf, Seasonal Vegetable
- ♠ Garden Salad
- ♠ *GF/V Option: Stuffed Peppers*
- ♠ Ice Cream

Tuesday, October 27

- ♠ Make Your Own Sandwich – Tuna Salad, Sliced Roast Beef (sliced tomato, American and cheddar cheese slices; horseradish, mayo, mustard)
- ♠ Garden Salad, Chips, Pickles
- ♠ *GF/V Option: Curry Rice Bowl*
- ♠ Cake

Wednesday, October 28

- ♠ Build Your Own Meatball Sub (choice of all-beef or turkey meatballs) (Marinara, provolone, parmesan, American cheese)
- ♠ Garden Salad, Chips, Pickles
- ♠ *GF/V Option: Southwest Rice Bowl*
- ♠ Ice Cream

Thursday, October 29

- ♠ Taco Salad, (taco meat, grilled chicken, lettuce, tomatoes, diced sweet onions, salsa, sour cream, tortilla chips, nacho cheese, jalapeno, cucumbers, shredded carrots)
- ♠ Spanish Rice
- ♠ *GF/V Option: Baked tofu & mushroom “taco meat”*
- ♠ Cake

Friday, October 30

- ♠ Make Your Own Sandwich – Tuna Salad; Sliced Roast Turkey (sliced tomato, American and Cheddar Cheese slices; mayo, mustard)
- ♠ Garden Salad, Chips, Pickles
- ♠ *GF/V Option: Greek Grain Bowl*
- ♠ Ice Cream

Saturday, October 31

- ♠ Make Your Own Sandwich – Pulled Chicken (sauce choices: sweet BBQ, Alabama, & Carolina Gold)
- ♠ Soup: Minestrone (GF/V)
- ♠ Garden Salad, Chips, Pickles
- ♠ Cake