



# TOPAL's Lunch Corner

## Weekly meal plan – 15-21 April 2024

Welcome to this week's culinary adventure at the TOPAL Cantina! Get ready to tantalize your taste buds with our diverse array of lunch options curated just for you.

	Menu Option 1	Menu Option 2
Monday, 15 April	<b>Omnivore:</b> Turkey and Swiss Cheese Sandwich with Mixed Greens	<b>Vegetarian:</b> Grilled Vegetable Panini with Pesto Spread
Tuesday, 16 April	<b>Omnivore:</b> Chicken Caesar Wrap with Parmesan Cheese and Croutons	<b>Vegetarian:</b> Quinoa Salad with Roasted Chickpeas and Feta Cheese
Wednesday, 17 April	<b>Omnivore:</b> Beef and Vegetable Stir-Fry with Steamed Rice	<b>Vegetarian:</b> Lentil Soup with Garlic Bread
Thursday, 18 April	<b>Omnivore:</b> Grilled Chicken Salad with Balsamic Vinaigrette	<b>Vegetarian:</b> Caprese Pasta Salad with Fresh Mozzarella and Basil
Friday, 19 April	<b>Omnivore:</b> Tuna Salad Sandwich with Lettuce and Tomato	<b>Vegetarian:</b> Veggie Sushi Rolls with Soy Sauce and Wasabi