



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