INSERT INTO LUNCH

VALUES (101, '2024-04-01', 'Grilled chicken salad with balsamic vinaigrette');

INSERT INTO LUNCH

VALUES (102, '2024-04-02', 'Quinoa with roasted vegetables and feta cheese');

INSERT INTO LUNCH

VALUES (103, '2024-04-03', 'Turkey sandwich with avocado and sprouts');

INSERT INTO LUNCH

VALUES (104, '2024-04-04', 'Vegetable stir-fry with tofu');

INSERT INTO LUNCH

VALUES (105, '2024-04-05', 'Salmon with quinoa and steamed broccoli');

INSERT INTO LUNCH

VALUES (106, '2024-04-06', 'Mediterranean chickpea salad with lemon tahini dressing');

INSERT INTO LUNCH

VALUES (107, '2024-04-07', 'Whole wheat pasta with marinara sauce and grilled vegetables');

INSERT INTO LUNCH

VALUES (108, '2024-04-08', 'Bean burrito with brown rice and salsa');

INSERT INTO LUNCH

VALUES (109, '2024-04-09', 'Veggie wrap with hummus and cucumber');

INSERT INTO LUNCH

VALUES (110, '2024-04-10', 'Tuna salad sandwich with whole grain bread and carrot sticks');