



Wellness Bar Menu Planning Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
V VEGETARIAN GF GLUTEN FREE WG WHOLE GRAINS LC LOW CAL						
Customized to order Spaghetti Spaghetti (squash) topped with seasonal roasted vegetable marinara V GF LC	Customized to order Creamy roasted garlic polenta with sautéed local seasonal parmesan vegetables V GF	Sweet and sour chicken + 3 grain fried "rice" station WG LC	Chicken marsala with roasted wild mushrooms over Spaghetti (squash) LC	Customized to order fire roasted poblano and cheddar grilled cheese on multigrain bread with roasted local seasonal vegetabels V WG	Root vegetable coq au vin snack LC Frittata Station V GF LC	Frittata Station V GF LC
Build Your Own Bean Burrito station, featuring house made salsa verde and rojo, pico de gallo, corn salsa, guacamole V	Customized to order build your own mashed potato bowl with sautéed local vegetables V GF	Customized to order crispy hummus flatbread on whole wheat naan topped with roasted vegetable and baby greens V	Customized to order roasted vegetable quesadilla station with fire roasted poblano cheddar cheese spread V	Customized to order fire roasted poblano and cheddar grilled cheese on multigrain bread with roasted local seasonal vegetables V WG	Lemon chicken with kale and whole wheat cous cous snack LC Frittata Station V GF LC	Frittata Station V GF LC
Red Thai vegetable curry with local seasonal vegetables over hulled barley V WG	Customized to order Quinoa and russet potato risotto topped with sautéed local seasonal vegetables V GF WG	Classic southern Hoppin' John, smoked turkey, blackeyed peas, wild rice WG	Whole grain griddle cakes with a multi grain blend and creamed wild mushrooms V WG	Customized to order fire roasted poblano and cheddar grilled cheese on multigrain bread with roasted local seasonal vegetabels V WG	Meat lasagna and Italian Panzanella salad snack LC Frittata Station V GF LC	Frittata Station V GF LC