

Daily Lunch Specials	Monday 10/19	Allergens	Tuesday 10/20	Allergens	Wednesday 10/21	Allergens	Thursday 10/22	Allergens	Friday 10/23	Allergens
Comfort Equation	Beef Lasagna	G,D	Taco Tuesday: Chicken Enchilada	G	Beef Broccoli	Se,S,G	Persian Roast Beef (Khoresht Fesenjan)	T	Chicken Tomato Curry	~None
Comfort Equation Vegetarian Station	Vegetarian Lasagna	G,D	Cheese Enchilada	D	Broccoli Tofu	Se,S,G	Stewed Tofu with Quinoa Tomato and Mushroom with Garlic	S	Tofu with Tomato Curry	S
Comfort Equation Side Vegetable	Seasonal Vegetables	~None	Seasonal Vegetables	~none	Seasonal Vegetables	~none	Seasonal Vegetables	~none	Seasonal Vegetables	~none
Comfort Equation Side Starch		~None	Spanish Rice	~none	Jasmine Rice	~none	Mashed Potato	G,D	Steamed Basmati	~none
Cooking 101	Grazing Station	See Signage	Pho Noodle	See Signage	Curry	See Signage	Udon	See Signage	Chef's Special	See Signage

Allergen Key:

G=Wheat Gluten

P=Peanut

T=Tree Nut

E=Eggs

Se=Sesame

S=Soy

F=Fish/Shellfish

D=Dairy