Daily Lunch Specials	Monday 9/13	Allergens	Tuesday 9/14	Allergens	Wednesday9/15	Allergens	Thursday 9/16	Allergens	Friday 9/17	Allergens
Comfort Equation Side Starch	Lemon Chicken Quarters	~None	Grilled Tuscan Chicken Breast	~none	Italian Pork Roast	~None	Japanese Curry	G,S	Roast Beef	~None
Comfort Equation Vegetarian Station	Lemon Tofu	S	Grilled Tuscan Tofu	S	Spanish Garbanzo Beans	~none	Japanese Curry Tofu and Vegetables	G,S	Butternut Squash Quiche	G,D,E
Comfort equatio Side Vegetable	Seasonal Vegetables	~None	Zucchini and Tomato	~None	Citrus Glazed Carrots	D	Stir Fried Vegetables	~None	Summer Vegetables	~None
Comfort Equation Side Starch	Rice Pilaf	~None	Roasted Rosemary Red Potato	None	Creamy Polenta	D	Jasmine Rice	~None	Mashed Potatoes	D
Cooking 101	Pasta Bar	See Signage	Pho Noodle	See Signage	Curry Bar	See Signage	Udon	See Signage	Chicken Wings and Fries	~None
Cooking 101 PM	Smoked Pork Ribs **Vegetarian:** Smoked Beans and Whole Grains, Macaroni and Cheese, Seasonal Vegetables	G, D	Ground Beef Nachos, Tofu Nachos	See Signage	Grilled Mediterranean Chicken, Vegetarian: Fallafel, Basmati Rice, Seasonal Roasted tahini Vegetables	G,S	Taco Bar: Beef, Chicken, or Tofu with Vegetables	`None	Chicken Picatta Vegetarian: Tofu Picatta, Orzo Pilaf, Seasonal vegetables	S

Allergen Key: **G=Wheat Gluten** **P=Peanut** **T=Tree Nut** **E=Eggs** **Se=Sesame** **S=Soy** **F=Fish/Shellfish** **D=Dairy**