**Grille cycle menu allergens**

**Lunch Monday 8/31:**
*Roast beef sub- Dairy, Gluten, Soy
*California Club- Gluten

**Dinner Monday 8/31:**
*Chicken Parmesan over penne pasta- Gluten, Garlic, Soy, Dairy, Egg
*Vegan portobello parmesan over penne pasta- Gluten, Nuts (Cashews), Garlic

**Lunch Tuesday 9/1:**
*Rueben- Gluten, Soy, Egg (1,000 island)
*Curry chickpea salad sandwich- Nuts

**Dinner Tuesday 9/1:**
*Steak Gyro with Cucumber Tzatziki- Garlic, Dairy
*Spicy Falafel with grilled eggplant, pita, and vegan tzatziki- Garlic, Nuts

**Lunch Wednesday 9/2:**
*Turkey Melt- Gluten, Dairy, Soy
*Grilled Veggie “Melt”-Garlic, Nuts

**Dinner Wednesday 9/2:**
*Crispy Chicken Sandwich (Dr. Feel Good) with Sweet potato fries- Gluten, Dairy, Soy, Egg
*Beyond Burger with Sweet potato fries- Gluten

**Lunch Thursday 9/3:**
*Curry chicken salad wrap with dried cranberries, lettuce, and tomato- gluten, dairy
* “Egg” lentil salad sandwich with lettuce- Nuts

**Dinner Thursday 9/3:**
*Beef Fajitas with grilled street corn- Dairy, Soy, Gluten
*Curried Cauliflower and chickpea burrito with vegan street corn- Gluten, Nuts

**Lunch Friday 9/4:**
*Spicy steak “gyro” wrap with roasted peppers and mint yogurt sauce- Gluten, Dairy, garlic
*Spicy falafel and roasted veggie wrap with vegan tzatziki- Garlic, Soy

**Dinner Friday 9/4:**
*Guacamole and cheddar burger with French Fries- Gluten, Dairy
*Guacamole portobello burger with French Fries- Gluten, Garlic
Dinner Saturday 9/5:
*Hot Italian sub with pasta salad- Gluten, Garlic
* Hot Mushroom sub with pasta- Gluten, Garlic

Dinner Sunday 9/6:
*Chicken Tender Dinner with French fries- Gluten, Soy, Egg
*Guac and Roll vegan wrap with French fries- Gluten

Lunch Monday 9/7:
*Turkey Club Sandwich- Gluten, Pork
*Mushroom Melt with spinach, caramelized mushrooms and onions and vegan queso- Gluten, Nuts

Lunch Tuesday 9/8:
*Classic B.L.T.- Gluten, Soy, Pork
*Crispy Tofu “T.L.T.”- Gluten

Lunch Wednesday 9/9:
*Salami melt- Genoa salami, mozzarella, tomato and olive tapenade- Gluten, Pork, Dairy, Garlic
*Green Goddess with vegan pesto, artichoke hearts, spinach and guacamole- Gluten, Nuts

Dinner Wednesday 9/9:
*Chicken primavera with penne pasta- Garlic, Dairy, Gluten
*Vegan pea and mushroom primavera with penne pasta- Garlic, Nuts, Gluten

Lunch Thursday 9/10:
*Cilantro lime chicken salad wrap with lettuce and tomato- Gluten, Garlic
*Curried lentil salad sandwich with lettuce and tomato- Nuts

Dinner Thursday 9/10:
*Chicken fajitas (2) with grilled street corn- Gluten, Garlic, Dairy, Soy
*Chipotle Mushroom fajitas (2) with vegan street corn- Gluten, Nuts

Lunch Friday 9/11:
*BBQ Pork Sandwich with slaw- Pork, Gluten, Soy
*BBQ Jack fruit focaccia sandwich with slaw- Gluten, Garlic, Soy

Dinner Friday 9/11:
*Sausage with peppers, onions, and sweet potato fries- Gluten, Pork, Soy
*Crispy quinoa burger with sweet potato fries- Gluten, Garlic, Soy
Dinner Saturday 9/12:
*Mushroom and Swiss burger with French fries- Gluten, Dairy, Soy
*Mushroom and black bean burger with French fries- Gluten, Soy

Dinner Sunday 9/13:
*Smoked chicken gyro with hummus and cucumber tzatziki- Gluten, Soy, Dairy, Garlic
*Crispy chickpea gyro with Baba ghanoush and vegan tzatziki- Gluten, Garlic

Lunch Monday 9/14:
*Spicy Italian beef with mustard, giardiniera, sautéed peppers and onions- Garlic, Gluten
*Pesto chickpea salad sandwich- Gluten, Nuts

Lunch Tuesday 9/15:
*Chicken fajita wrap with guacamole, romaine, and pepper jack cheese- Gluten, Dairy
*Guacamole wrap with avocado hummus, greens, tomato, black beans and pickled red onion- Gluten, Garlic