



HOT LUNCH PROGRAM

Menu Items

Questions? Contact Stacey Reeves at lunch.aspso@gmail.com

Entrees

Chicken Tiki Masala



Chicken tiki masala cooked together with lentils in a pot, to create a healthy meal that is low in sodium, cholesterol free, and a great source of fiber. Served with steamed vegetables and naan bread.

Vegetarian option: Lentil soup served without chicken.

Pot Stickers



Five Pan-seared and steamed dumplings with seasoned chicken, cabbage, onions, and Asian-style spices. Served with teriyaki-glazed rice and steamed green beans.

Vegetarian option: Vegetable pot stickers (5).

Hamburger and Hot Dog



Choose between 1 ground beef hamburger or cheeseburger, or 2 all beef hot dogs, grilled fresh. All your favorite condiments are available.

Served with house-cut chips and corn.

Vegetarian option: Veggie burgers (cheese optional)

Build-Your-Own-Burrito



Start with steak or ground beef to a fresh tortilla and then pile on the toppings! Options include lettuce, tomato, sour cream, salsa, and cheese. 1 burrito per person. Served with Spanish rice and fiesta corn.
Vegetarian option: Grilled veggies for the burrito.

Yellow Curry Chicken



Chicken marinated in cumin curry powder and yellow curry paste, mixed with coconut milk. Served with steamed basmati rice and turmeric-roasted cauliflower.
Vegetarian option: Curry vegetables.

Chipotle-Style Bowl



Start with freshly seasoned and grilled chipotle-style chicken and pile on the toppings! Options include lettuce, tomato, sour cream, salsa, and cheese. 1 burrito per person. Served with Spanish rice and fiesta corn.
Vegetarian option: Grilled veggies for the bowl.

Chicken Meatball Sub



3 freshly-baked chicken meatballs layered inside an Italian hoagie roll with provolone cheese. Served with whole-grain pasta (vegetarian option) and roasted zucchini and squash.

Cheese Ravioli



5 freshly prepared cheese ravioli, with your choice of meat or marinara sauce. Served with garlic bread and fresh-cut green beans with lemon.

Crispy Chicken Sandwich



One lightly-breaded chicken cutlet, served on a fresh artisan bun. Traditional fixings available at the salad bar in addition to ketchup, mayo, and sracha mayo. Served with house-cut chips and baby corn. Vegetarian option: Veggie patty.

Cheesy Beef and Macaroni Casserole



Macaroni noodles baked with seasoned beef and cheese. Served with sautéed green beans.

Vegetarian option: Mac 'N' Cheese.

Beef and Vegetable Tacos



2 hard corn tacos served on flour tortillas with seasoned beef and veggies. Served with Spanish rice.

Vegetarian option: Veggie taco.

Crispy Orange Chicken



Boneless chicken battered and deep fried until crispy, then glazed with an orange ginger sauce. Served with white rice and sautéed carrots.

Turkey Bolognese Ziti



Homemade ground turkey Bolognese sauce (tomato based), served over ziti pasta, with small amounts of onion and garlic for flavor. Served with garlic bread and sautéed cauliflower.

Vegetarian option: Served with marinara sauce.

Sloppy Joe



One delicious ground beef in a sweet rich tomato sauce, with onion, garlic and spices. Served on a fresh artisan bun. Served with steamed green beans.

Vegetarian option: Veggie burger.

Taco Salad



Start with freshly taco-seasoned ground beef. Options include lettuce, tomato, sour cream, salsa, and cheese. 1 salad per person. Served with Spanish.

Vegetarian option: Grilled veggies.

Breakfast for Lunch



4 French toast sticks, served with maple syrup, 2 chicken sausage patties, and hash browns.

Chicken Parmesan



One tender chicken breast coated with grated parmesan and Italian breadcrumbs, baked with marinara sauce, topped with Italian cheeses and accompanied by buttered pasta and sautéed seasoned broccoli.

Fajita Bowl



Fajita-style chicken breast with a mixture of lettuce, sautéed onions and peppers, lettuce, tomato, and, salsa. 1 bowl per person. Served with Spanish rice and fiesta corn.

Vegetarian option: Grilled veggies for the bowl.

Stuffed Shells



2 jumbo pasta shells stuffed with ricotta and baked with tomato sauce and mozzarella. Served with garlic bread.

Teriyaki Glazed Chicken



Grilled chicken glazed in teriyaki sauce. Served with white rice and teriyaki stir fried vegetables.

Vegetarian option: Teriyaki stir fried vegetables.

Bean and Cheese Burrito or Tacos



A choice of 1 burrito with a blend of cheeses and non-friend refried pinto beans and salsa, wrapped in a flour tortilla. Or 2 hard corn tacos served on flour tortillas with seasoned chicken. Served with Spanish rice and fiesta corn.



Vegetarian option: Bean burrito or veggie taco.

Penne Pasta



Penne pasta served with meat or marinara sauce. Served with garlic bread and a roasted vegetable medley.

Pizza and Ice Cream Day!



Up to 3 slices of either cheese, pepperoni, or veggie pizza. Enjoy ice cream or sorbet for dessert!