Monday March 15, 2021

Lunch
Soup of the Day: Vegetable Soup
(Allergens: wheat, gluten)

Orange Chicken, Vegetable Chow Mein, Spring Rolls with Thai Chili Sauce
(allergens: soy bean, gluten, msg)

Vegetarian Orange Chicken, Vegetable Chow Mein, Spring Rolls with Thai Chili Sauce: (Contains the following allergens: soy bean, gluten, msg)

Dinner
Cajun Sundried Tomato Spinach and Chicken Pasta, Garlic Bread: (allergens: milk, eggs, soy bean, gluten, msg)

Vegetarian Cajun Sundried Tomato Spinach and Chicken Pasta, Garlic Bread, (allergens: milk, eggs, soybean, gluten, msg)

Tuesday March 16, 2021

Lunch
Soup of the Day: Vegetable Soup (Allergens: wheat, gluten)

Meatloaf Sandwich: Garlic Rubbed Texas Topped with Grilled Meatloaf, Mashed Potatoes, & BBQ Sauce (Contains the following allergens: milk, eggs, wheat, soy bean, gluten, sesame, sulphites)

Vegetarian Beef - With Mashed Potatoes, Vegetables
(Contains the following allergens: milk, eggs, wheat, soy bean, gluten, sesame, sulphites)

Dinner
Stir Fry Beef – Bell Peppers, Carrots, Celery, Broccoli, served with Cilantro Lime Brown Rice
(Contains the following allergens: soy bean, dairy, gluten, msg)

Tofu and Vegetable Tostada, Cilantro Lime Rice, Fiesta Black Beans: Cheese Side Salsa and Sour Cream
(Contains the following allergens: milk, eggs, soybean, gluten, msg)

Wednesday March 17, 2021

Lunch
Vegetable Soup Rice Allergens: wheat, gluten)

Garden Burger Vegan Cheese Potato Tarts
(Contains the following allergens: soy bean, gluten, msg)

Turkey Burger with Cheese Potato Tots
Contains the following allergens: soy bean, gluten, msg)

Dinner
2 L.A. HOT DOG (BACON WRAPPED W/ PEPPERS & ONIONS) W/ Spiced Potato Wedges
(Contains the following allergens: soybean, gluten, msg)

2 Vegan Hot Dog – served with Spiced Potato Wedges
(Contains the following allergens: soybean, no nuts)

NUTRITIONAL INFORMATION IS AVAILABLE AT LMU DINING.SODEXOMYWAY.COM
OR ON THE BITE APP | REGISTER FOR BITE AT BITE.SODEXO.COM
Thursday March 18, 2021
Lunch
Amaranth and Chickpea Soup (Allergens: Tree nuts)

Vegetarian Chipotle Chicken Panini – Cheddar Cheese, Pickled Jalapeno served with Pasta Salad (Contains the following allergens: soy bean)

Spicy Chicken Wings with Dipping Sauce Served Yucca Fires (Allergens: eggs, soy, dairy)

Dinner
Fried Chicken, Macaroni and Cheese, Broccoli (Contains the following allergens: milk, eggs, soy bean, gluten, msg)

Vegan Chicken - Macaroni and Vegan Cheese, Broccoli Bowl (Contains the following allergens: milk, eggs, soy bean, gluten, msg)

Friday March 19, 2021
Lunch
Amaranth and Chickpea Soup (Allergens: Tree nuts)

Chicken Fajita, Spanish Rice, Beans: (Contains the following allergens: gluten, msg)

Vegetable Meatless Chicken Fajita, Spanish Rice, Beans: Vegan Cheese (allergens: milk, eggs, soybean, gluten, msg)

Dinner
Smoked Salmon Pasta tossed with Tomatoes and Spinach in a Cream Sauce (Allergens: milk, wheat, gluten)

Pasta & Spinach - Tossed with Olive Oil, Tomatoes, Vegan Cheese (Allergens: milk, wheat, gluten)

Saturday March 20, 2021
Lunch
Vegetarian Impossible Burger Cheeseburger - Grilled Patty Topped with American Cheese, Tomato, and Pickle served with Cheese Fries (Contains the following allergens: milk, wheat, soy bean, gluten)

Cheeseburger - Grilled Patty Topped with American Cheese, Tomato, and Pickle served with Cheese Fries (Contains the following allergens: milk, wheat, soy bean, gluten)

Dinner
Apricot Glazed Roasted Chicken - Roasted Chicken Basted with Apricot, Whole Grain Mustard Glaze Served with Roasted Potatoes (Contains the following allergens: milk, soy bean, mustard)

Vegetarian Antipasto Platter: Grilled Eggplant, Zucchini, Portabella Mushrooms, Olives, Banana Peppers (Contains the following allergens: milk, soy bean, mustard, sulphites)

Sunday March 21, 2021
Grilled Vegetable Reuben Sandwich: Swiss cheese on rye with grilled vegetables, Thousand Island dressing, and Sauerkraut served with chips (Contains the following allergens: milk, eggs, wheat, soy bean, gluten, mustard)

Vegetarian Stuffed Green Pepper: Baked Green Pepper Halves Stuffed with Seasoned Veggie Crumbles and Rice, served with Tomato Herb Sauce (Allergens: milk, eggs, wheat, soy bean, gluten, sesame)

Roast Turkey Mash Potatoes, Roasted Vegetables: (Allergens: no nuts, dairy, gluten)

Vegan Chipotle Honey Vegan Beef Tips Mash Potatoes, Roasted Vegetables (Allergens: no nuts, dairy, gluten)