



SEPTEMBER 2024

LUNCH MENU

SUN

MON

TUE

WED

THUR

HAPPY FRIDAY

SAT

01



02



SLOPPY JOES WITH CHIPS

LENTIL OR BEEF

03



CURRY CHICKEN OR TOFU COCONUT CURRY

04



BUILD A BURGER

05



PEPPERONI, CHEESE OR HAWAIIAN PIZZA

06

07

08



FETTUCINI ALFREDO GARLIC BREAD BAKED CHICKEN

09



SOFT TACOS W/ BEANS AND RICE ZUCCHINI ADOBO CHICKEN

10



CHICKEN & DUMPLINGS IN GRAVY PEAS & CARROT MASHED POTATO

11



BUILD A BURGER (CHIPS)

12



CHICKEN TENDERS FRENCH FRIES CORN ON THE COB

13

14

15



SPAGHETTI WITH MEATBALL BEEF OR VEG GARLIC BREAD

16



"WALKING" TACO BAR WITH CORN CHIPS

17



MAC & CHEESE WITH CHICKEN NUGGETS

18



BUILD A BURGER

19



FISH & CHIPS WITH COLESLAW AND TARTAR SAUCE

20

21

22



PESTO PASTA WITH ROASTED VEG AND BAKED CHICKEN

23



HARD SHELL TACOS W/ CHIP & SALSA

24



BUTTER CHICKEN PITA BREAD BASMATI RICE ROASTED VEG

25



BUILD A BURGER

26



NACHO BAR WITH ALL THE FIXINS

27

28

29



HOT DOGS WITH CHIPS AND WATERMELON

30



SEPTEMBER 2024

BOARDING DINNER MENU

SUN	MON	TUE	WED	THUR	FRI	SAT
 SALISBURY STEAK IN GRAVY WITH MASHED POTATO 01	 CHICKEN BAHN-MI SANDWICH 02	 FRIED CHICKEN 03	 LASAGNA 04	 CHICKEN GYRO 05	 BEEF BULGOLGI 06	 TERRIYAKI CHICKEN WITH RICE 07
 HOT DOGS & FRENCH FRIES 08	 SAUSAGE & PEPPERS SANDWICH 09	 CHEESE RAVIOLI 10	 DUMPLINGS 11	 BBQ CHICKEN 12	 RAMEN 13	 CHICKEN COCONUT CURRY 14
 TERRIYAKI CHICKEN 15	 HOT DOGS & FRENCH FRIES 16	 BEEF BULGOLGI 17	 LASAGNA 18	 FRIED CHICKEN 19	 HONEY JALEPENO SHRIMP 20	 BACON BURGERS PICK YOUR TOPPING 21
 CHICKEN POTPIE STEW 22	 PHILLY CHEESESTEAK SANDWICH 23	 PORK IN ORANGE SAUCE 24	 COUNTRY FRIED STEAK 25	 CUBANO SANDWICH 26	 CHICKEN STIR FRY 27	 CHICKEN COCONUT CURRY 28
 CHEESE RAVIOLI 29	 BEEF BULGOLGI 30					

SO GOOD!

FOR YOU. FOR THE PLANET.

SWEET POTATOES DELICIOUS, SEED TO TABLE.



SEASONAL FLAVORS. FRESHLY PREPARED.

GOOD FOR YOU:

As shown by their rich yellow-orange color, sweet potatoes are packed with beta carotene, a powerful antioxidant and carotenoid.

GOOD FOR THE PLANET:

Sweet potatoes have one of the smallest carbon footprints among vegetables. They are both land-efficient and drought-resistant.



Brighten Your Plate

NATIONAL FRUITS & VEGGIES MONTH

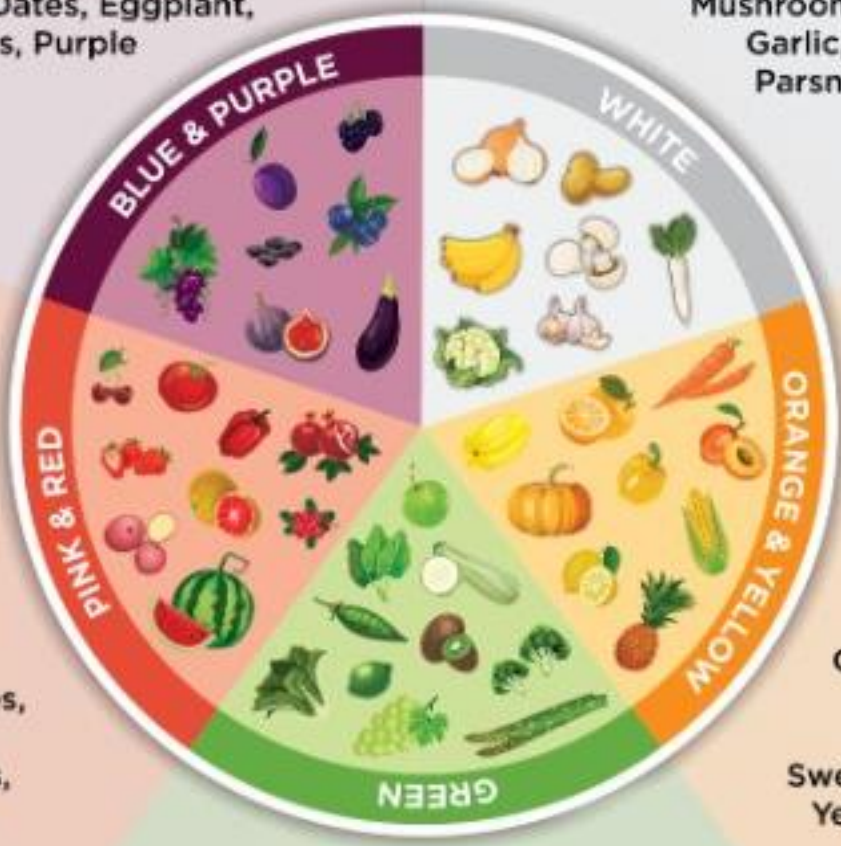
Blue & Purple: Blackberries, Blueberries, Dates, Eggplant, Grapes, Plums, Purple Figs, Raisins

White: Bananas, Water Chestnuts, Mushrooms, Potatoes, Garlic, Cauliflower, Parsnips, Shallots, Onions

Pink & Red: Beets, Cherries, Pink Grapefruit, Tomatoes, Watermelon, Cranberries, Pomegranates, Red Peppers, Red Potatoes, Strawberries

Orange & Yellow: Squash, Apricots, Carrots, Lemons, Mangoes, Oranges, Corn, Orange Peppers, Pumpkins, Sweet Potatoes, Yellow Apples, Tangerines, Pineapples

Green: Artichokes, Asparagus, Avocados, Broccoli, Brussels Sprouts, Collard Greens, Spinach & Kale, Green Grapes, Green Onions, Green Peppers, Kiwis, Limes, Okra, Peas, Zucchini, Green Apples



Packed with: Vitamins • Minerals • Fiber • Antioxidants • Water
Supports: Immunity • Memory • Vision • Healthy aging • A healthy heart

BUILD A BURGER

EVERY THURSDAY @ THE FLAME



BUILD

A

BOWL

DAILY @ THE WOK



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- Provide personalized nutrition recommendations based on desired goals
- Guide healthy dining choices

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