Tomah Health
TOGETHER IN CARE

LUNCH

KEY — VEGETARIAN — GLUTEN FREE

MONDAY - FRIDAY: 11:00 A.M. – 1:30 P.M.
SATURDAY - SUNDAY: GRAB & GO OPTIONS AVAILABLE

MONDAY NOVEMBER 30

Homemade Meatloaf $3.50
Yukon Gold Mashed Potatoes $1.00
- with Gravy $1.00
Honey Glazed Baby Carrots $1.00
French Bread $0.75
Crispy Chicken Wrap or Salad $4.50
Quinoa & Broccoli Spoon Salad $1.50
Ravioli Soup . . . . . $3.00/bowl or $2.00/cup
Daily Salad Bar . . . . . $0.40/oz.

TUESDAY DECEMBER 1

General Tsos Chicken $3.50
Honey Garlic Soy Glazed Salmon $4.00
Vegetable Fried Brown Rice $1.50
Pork Egg Roll $1.50/each
Pork Potstickers (3) $2.00
Steamed Broccoli $0.75
Cobb Salad $4.50
Chicken Coconut Curry Soup . . $3.00/bowl or $2.00/cup
Daily Salad Bar . . . . . $0.40/oz.

WEDNESDAY DECEMBER 2

Bruschetta Chicken $3.50
Garlic Parmesan Orzo $1.25
Steamed Green Beans $0.75
Garlic Breadstick $0.75
Black Bean & Corn Quesadilla $4.50
Tomato Basil Bisque . . . . . $3.00/bowl or $2.00/cup
Daily Salad Bar . . . . . $0.40/oz.

THURSDAY DECEMBER 3

BYO Nachos or Taco Salad . . . . . .
- Plant-Based Refried Pinto Beans $4.00
- with Beef Taco Meat $4.75
- with Pork Carnitas $4.75
Fish Sandwich $4.50
Creamy Coleslaw $1.00
Italian Sausage & Gnocchi Soup . . . . $3.00/bowl or $2.00/cup
Daily Salad Bar . . . . . $0.40/oz.

FRIDAY DECEMBER 4

Beef Lasagna $3.50
Vegetable Lasagna $3.50
Parmesan Roasted Cauliflower & Broccoli $1.00
Garlic Bread $0.75
Crispy Chicken Mashed Potato Bowl $4.50
Beef Chili . . . . . $3.00/bowl or $2.00/cup
Cornbread $0.75
Daily Salad Bar . . . . . $0.40/oz.

SAT & SUN DEC. 5 & 6

Grab and Go Cooler: Soups, Salads, Sandwiches, Wraps