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 DECEMBER 7

BYO Chicken Breast Sandwich $4.00
BYO Crispy Chicken Sandwich $4.00
- with Bacon. $1.50
Carrot Fries with Dipping Sauce $1.50
Bacon & Ranch Pasta Salad $1.50
Korean Beef Bowl. $4.50
Sesame Green Beans $0.75
Broccoli & Cheddar Soup ..... $3.00/ bowl or $2.00/cup
Daily Salad Bar ..... $0.40/oz.

TUESDAY DECEMBER 8

BYO Mediterranean Nachos or Salad .....
- Plant-Based $4.00
- with Chicken Shawarma $4.75
Broccoli & Chicken Rice Bake $3.50
Garlic Breadstick $0.75
Hungarian Mushroom Soup ..... $3.00/ bowl or $2.00/cup
Daily Salad Bar ..... $0.40/oz.

WEDNESDAY DECEMBER 9

Garlic Butter Shrimp Skewers. $3.50
Roasted Cauliflower Mac & Cheese $2.00
Steamed Broccoli $0.75
French Bread $0.75
Mexican Caesar Salad $4.50
Chicken & Wild Rice Soup. ..... $3.00/ bowl or $2.00/cup
Daily Salad Bar ..... $0.40/oz.

THURSDAY DECEMBER 10

BYO Teriyaki Brown Rice Bowl. .....
- Plant-Based $4.00
- with Honey Garlic Chicken Thighs $4.75
- with Teriyaki Baked Salmon $5.00
Asian Roasted Carrots & Broccoli $1.25
Chicken Tinga Enchiladas. $4.00
Cilantro Lime Roasted Cauliflower $1.00
Taco Soup ..... $3.00/ bowl or $2.00/cup
Daily Salad Bar ..... $0.40/oz.

FRIDAY DECEMBER 11

Pot Roast $3.50
Mashed Potatoes $1.00
-with Gravy $1.00
Buttered Corn $0.75
Dinner Roll $0.75
Chicken & Bacon Alfredo Pizza $4.50
Chicken Dumpling Soup ..... $3.00/ bowl or $2.00/cup
Daily Salad Bar ..... $0.40/oz.

SAT & SUN DEC. 12 & 13

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