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 14

BYO Cavatappi Pasta Bowl
- Plant-Based $4.00
- with Italian Baked Chicken Thighs $4.50
- with Grilled Shrimp $5.00

Garlic Breadstick $0.75
BYO Sub Sandwiches $4.00
Broccoli, Almond & Cranberry Slaw $1.50
Cheesy Potato Soup $3.00/ bowl or $2.00/cup
Pretzel Breadstick $1.00
Daily Salad Bar $0.40/oz.

TUESDAY DECEMBER 15

Pork Chile Verde $4.00
White Rice $1.00
Refried Beans $1.00
Bang Bang Chicken Bowl $5.00
Steamed Edamame in Shell $2.00
Chicken Noodle Soup $3.00/ bowl or $2.00/cup
Daily Salad Bar $0.40/oz.

WEDNESDAY DECEMBER 16

BYO Burrito Bowl
- Plant-Based: Black Beans $4.00
- with Chicken Carnitas $5.00
- with Pork Carnitas $5.00

Sub: Cauliflower Rice $1.00
Fajita Vegetables $1.00
BLT Salad $4.50
- with Homemade Honey Mustard Dressing

Vegetable, Beef & Barley Soup $3.00/ bowl or $2.00/cup
Daily Salad Bar $0.40/oz.

THURSDAY DECEMBER 17

Honey Mustard Pecan Crusted Salmon $4.00
Dijon Roasted Red Potatoes $1.00
Italian Roasted Vegetables $1.25
French Bread $0.75
Chicken Wings (6) $5.00
Potato Wedges $1.00
Creamy Tortellini & Sausage Soup $3.00/ bowl or $2.00/cup
Daily Salad Bar $0.40/oz.

FRIDAY DECEMBER 18

Harvest Grain Bowl
- Plant-Based $4.00
- with Honey Mustard Chicken $4.50

Pesto & Gouda Grilled Cheese $4.00
Roasted Red Pepper Bisque $3.00/ bowl or $2.00/cup
Daily Salad Bar $0.40/oz.

SAT & SUN DEC. 19 & 20

Grab & Go Options Available: Salads, Wraps, Snacks, Beverages, Fruit, Veggies & Dessert