



# Just Fare

WEEK OF APRIL 17TH

## Monday, April 17th

### HOT LUNCH MENU

#### **CHICKEN LO MEIN**

(includes: **gluten, soy**)

Chinese noodle stir fry with chicken.

#### **CHAR SUI RIBS** | gf

(includes: **pork, fish**)

Sweet, salty, and tangy charred ribs.

#### **CASHEW TOFU** | gf, vv

(includes: **soy, nuts**)

Sweet and savory tofu with chilies and cashews. Topped with fresh cilantro.

#### **BROCCOLI & BOK CHOY** | gf, vv

Tender broccoli and bok choy tossed with garlic, ginger, and sesame.

#### **BROWN JASMINE RICE** | gf, vv

#### **CABBAGE & CARROT SALAD** | gf, vv

Vibrant, aromatic blend of cabbages, carrots, peppers and fresh herbs.

Served with a bright ginger-lime vinaigrette on the side.

**gf** gluten free | **v** vegetarian | **vv** vegan

*Just Fare prioritizes sourcing local and organic ingredients. Visit [justfare.co/about-food](https://justfare.co/about-food) to learn more.*

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## Tuesday, April 18th

### HOT LUNCH MENU

#### CREAMY CHICKEN PESTO

(includes: **dairy**, **gluten**)

Grilled shredded chicken thighs in a creamy pesto alfredo sauce.

#### BEEF & PORK BOLOGNESE | gf

(includes: **alcohol**)

Slow-cooked beef and pork bolognese.

#### MUSHROOM BOLOGNESE | gf, vv

(includes: **alcohol**)

Savory crimini mushroom and eggplant bolognese.

#### BROCCOLI & CARROTS | gf, vv

Lightly steamed and tossed with garlic and olive oil.

#### PENNE PASTA | vv

(includes: **gluten**)

Lightly steamed and tossed with garlic and olive oil.

#### ITALIAN GARDEN SALAD | v

(includes: **dairy on the side\***, **gluten**)

Crisp romaine and radicchio lettuce with cucumbers, tomatoes, olives, and red onions with an Italian vinaigrette on the side.

### SIDES/TOPPINGS

**HERBED GARLIC BREAD** | v (includes: **dairy**, **gluten**)

**GLUTEN FREE LENTIL PASTA** | gf, v

**PARMESAN CHEESE** | gf, v (includes: **dairy**)

**RED CHILI FLAKES** | gf, vv

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## Wednesday, April 19th

### HOT LUNCH MENU

#### **JERK CHICKEN** | gf

Smokey, spicy ginger, cumin, and allspice grilled chicken garnished with pineapple salsa. (Medium spice level.)

#### **CARIBBEAN STYLE BEEF CURRY** | gf

Curry spiced ground beef with onions, tomatoes, and thyme. (Low spice level.)

#### **PEAS & VEGAN SAUSAGE** | gf, vv

Caribbean style black eyed peas with plant-based sausages. (Low spice level.)

#### **CALLALOO CHARD** | gf, vv

Smokey mildly spicy chard stewed with tomatoes, onions, and chilies. (Medium spice level.)

#### **COCONUT RICE** | gf, vv

Coconut flavored jasmine rice.

#### **COLESLAW WITH PLANTAIN CHIPS** | gf, vv

Light, fruity, and refreshing coleslaw. Plantain chips served on the side. (Low spice level.)

### SIDES/TOPPINGS

**JERK SAUCE** | gf, vv (High spice level.)

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## Thursday, April 20th

### HOT LUNCH MENU

**CHICKEN TAGINE** | gf

Marinated chicken thighs braised with spices, olives, and fennel.

**LAMB MEATBALLS** | gf

Lamb meatballs braised in a harissa infused tomato sauce. (Medium spice level)

**BUTTERNUT SQUASH TAGINE** | gf, vv

African spice-rubbed butternut squash with garbanzo beans and lacinato kale slow-cooked with tomatoes and golden raisins.

**RAS EL HANOUT CAULIFLOWER** | gf, vv

Moroccan spice roasted cauliflower with balsamic onions and spinach.

**CINNAMON COUSCOUS** | vv

(includes: **gluten**)

Fragrant, fluffy cinnamon-scented couscous.

**MIXED GREEN & RADISH SALAD** | gf, vv

Mixed green salad with shaved winter radishes, dates, and lemon vinaigrette on the side.

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## Friday, April 21st

### HOT LUNCH MENU

#### **SALSA VERDE CHICKEN** | gf

(includes: **dairy on the side\***)

Green herb marinated grilled chicken breast. Served with shaved parmesan\* and parsley salsa verde on the side.

#### **BRAISED BLACK BEANS** | gf, vv

Hearty black beans braised in a smokey tomato sauce with rainbow chard.

#### **GRILLED BROCCOLI RABE** | gf, vv

Broccoli rabe, aka rapini, lightly tossed with olive oil, chili flakes and garlic.

#### **CITRUS ORZO** | vv

(includes: **gluten**)

Citrus-infused orzo pasta.

#### **BEET & WALNUT SALAD** | gf, vv

(includes: **nuts on the side\***)

Beets and mixed greens with shaved fennel and carrots. Served with walnuts\* and lemon-dijon vinaigrette on the side.



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## Daily

### SALAD BAR MENU

*Ingredients may vary throughout the week based on seasonal availability.*

#### GREENS

Spring mix, baby kale

#### VEGETABLES

Cherry tomatoes, cucumber, shredded carrots, broccoli, aleppo roasted cauliflower, shaved radishes, ginger-miso turnips

#### PROTEIN

Achiote chicken breast, hard boiled eggs, chipotle black beans

#### CHEESES

cotija cheese

#### FRUIT

Pickled pineapple

#### TOPPINGS

Garlic herb croutons, chili-lime pepitas

#### DRESSING

Champagne vinaigrette, ranch dressing, olive oil, lemon juice, balsamic vinegar

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