

# honeyplate Lunch Club



## SAMPLE MENU



### Monday

- Grilled Lemon Herb Chicken w/ Rice + Roasted Broccoli
- Turkey BLT Wrap w/ Garlic Aioli
- Lemon Herb Tofu w/ Rice + Roasted Broccoli

### Tuesday

- BBQ Pulled Chicken w/ Mac & Cheese + Slaw
- Classic Cobb Salad w/ Buttermilk Ranch
- BBQ Jackfruit w/ Mac & Cheese + slaw

### Wednesday

- Beef Stir-Fry w/ Vegetables + Basmati Rice
- Chicken Caesar Wrap
- Tofu Stir-Fry w/ Vegetables + Basmati Rice

### Thursday

- Baked Ziti w/ Sausage + Garlic Green Beans
- Italian Sub w/ Red Wine Vinaigrette
- Baked Ziti w/ Roasted Vegetables + Garlic Green Beans

### Friday

- Chicken Tikka Masala w/ Turmeric Rice
- Sonoma Chicken Salad Sandwich
- Tikka Masala with chickpeas + turmeric rice

### Monday

- Teriyaki Chicken w/ Stir-Fried Cabbage + Brown Rice
- Tuna Salad Wrap w/ Greens
- Teriyaki Tofu w/ Stir-Fried Cabbage + Brown Rice

### Tuesday

- Cajun Chicken Pasta w/ Peppers + Onions
- Greek Chicken Salad w/ Feta + Olives
- Cajun Roasted Cauliflower Pasta w/ Peppers + Onions

### Wednesday

- Turkey Meatballs w/ Garlic Mashed Potatoes + Peas
- Southwest Chicken Wrap w/ Chipotle Aioli
- Vegetarian Meatballs w/ Garlic Mash + Peas

### Thursday

- Orange Glazed Chicken w/ Broccoli + Rice Noodles
- Curried Egg Salad Sandwich on Brioche
- Orange Glazed Tofu w/ Broccoli + Rice Noodles

### Friday

- Chicken Vodka Parm w/ Penne Broccoli
- Caprese Chicken Sandwich
- Eggplant Vodka Parm w/ Penne & Broccoli