MONDAY BLUES

MONDAY 1/26/26

LEXINGTON BBQ PULLED PORK SANDWICHES
Tender braised Pork Shoulder in Kentucky style BBQ Sauce with Pickles
and White Bread on the side
NUT FREE, SOY FREE

FOR THE VEGETARIANS AND VEGANS
LEXINGTON BBQ BEAN, LENTIL, AND CARAMELIZED ONIONS SANDWICHES
Kentucky style BBQ Sauce with Pickles and White Bread on the side
VEGAN, DAIRY FREE, SOY FREE

SWEET ONIONS AND PEPPERS
Sweet Onions and Peppers cooked slowly in Olive Oil and seasoned with Basque Chili and Vinegar
VEGAN, GF, DAIRY FREE, NUT FREE, SOY FREE

CORNBREAD
Our version with lots of Butter, Honey, Jalapeños, and Green Onions
VEGETARIAN, NUT FREE, SOY FREE

CAESAR SALAD
House made Croutons and shaved Parmesan
NUT FREE, SOY FREE

BROWNED BUTTER RICE KRISPIE TREATS
VEGETARIAN, GF, NUT FREE

LITTLE EATILY

TUESDAY 1/27/26

BEEF BOLOGNESE
Fettuccine Pasta, Ground Beef, Tomato, Onions, Carrots, Celery, Red Wine, Parmesan, and a touch of Cream
NUT FREE, SOY FREE

FOR THE VEGETARIANS
LENTIL BOLOGNESE
Fettuccine Pasta, Green Lentils, Chickpeas, Tomato, Onions, Carrots, Celery, Red Wine, and Parmesan
VEGETARIAN, NUT FREE, SOY FREE

ROASTED CAULIFLOWER AND SWEET PEPPERS
Herb Oil, Cumin, and Lemon
VEGAN, GF, DAIRY FREE, NUT FREE, SOY FREE

GARLIC BREAD
Our version with lots of Garlic and Butter
VEGETARIAN, NUT FREE, SOY FREE

GARDEN SALAD WITH MIXED GREENS, CUCUMBERS, TOMATOES, OLIVES, AND BLUE CHEESE
Fresh Herb Vinaigrette
VEGETARIAN, GF, NUT FREE, SOY FREE

CHOCOLATE BROWNIES
VEGETARIAN, NUT FREE

CHINA DINA

WEDNESDAY 1/28/26

SWEET AND SOUR SHREDDED CHICKEN
Chicken Thigh Meat, Sweet Peppers, Scallions, and Spinach
GF, DAIRY FREE, NUT FREE

FOR THE VEGANS AND VEGETARIANS
SWEET AND SOUR TOFU
Sweet Peppers, Scallions, and Spinach
VEGAN, GF, DAIRY FREE, NUT FREE

RICE WITH GREEN ONIONS
VEGAN, GF, DAIRY FREE, NUT FREE, SOY FREE

MIXED VEGETABLE STIR-FRY WITH BROWN BEAN SAUCE
Cauliflower, Carrots, Bamboo Sprouts, Cucumbers, and Peas
VEGAN, DAIRY FREE, NUT FREE

MIXED GREENS WITH ORANGE-SICHUAN DRESSING
Carrots, Radishes, Tomatoes, Cilantro, and Mint
VEGAN, GF, DAIRY FREE, NUT FREE, SOY FREE

ORANGE CUPCAKES
VEGETARIAN, NUT FREE

SWIMMIN DOWNSTREAM

THURSDAY 1/29/26

SEARED SALMON FILET WITH RED SALMORIGLIO SAUCE
Oregano and Parsley Salsa Verde with Tomato
GF, DAIRY FREE, NUT FREE, SOY FREE

COUSCOUS WITH DRIED FRUIT AND FRESH HERBS
Apricots, Raisins, Lemon Zest, Parsley, and Mint
VEGAN, DAIRY FREE, NUT FREE, SOY FREE

GREEN BEANS, ROASTED CAULIFLOWER, AND ROASTED GRAPE TOMATOES
Thyme Oil and Lemon
VEGAN, GF, DAIRY FREE, NUT FREE, SOY FREE

ROASTED CHICKPEA AND KALE SALAD
oven-roasted Chickpeas, Dino kale, Scallions, Mint and Cilantro, Cumin, Paprika and Lime
VEGAN, GF, DAIRY FREE, NUT FREE, SOY FREE

SUGAR COOKIES
VEGETARIAN

lunch-in kitchen

INDIAN FLAVORS

FRIDAY 1/30/26

CHICKEN AND CASHEW NUTS IN BLACK SPICES
Chicken Thighs, Coconut, Ginger, Coriander, Cumin, Cinnamon, and Chilies
GF, DAIRY FREE, NUT FREE, SOY FREE

EGGPLANT, ZUCCHINI, AND BUTTERNUT SQUASH CURRY
Coconut, Chiles, Coriander, Cumin, and Mustard Seeds
VEGAN, GF, DAIRY FREE, NUT FREE, SOY FREE

LEMON RICE
Basmati Rice, Green Chilies, and Mustard Seeds
VEGAN, GF, DAIRY FREE, NUT FREE, SOY FREE

ROASTED GARLIC NAAN
VEGAN, DAIRY FREE, NUT FREE, SOY FREE

MIXED LETTUCE SALAD WITH SPICY LIME-YOGURT DRESSING
Mixed Greens with Cucumbers, Red Onion, Cilantro, Carrots, and Fried Shallots
VEGETARIAN, GF, NUT FREE, SOY FREE

COCONUT BARS
VEGETARIAN, CONTAINS COCONUT