



# SAMPLE MENU ITEMS

## S A L A D

*Watercress, oranges, fennel and walnuts with an orange, lemon, and walnut oil vinaigrette*

## S O U P

*Lebanese Lentil & Swiss Chard soup with garlic and lemon.*

## L U N C H

*Loaded Raw or Roasted Vegetables Hummus Wrap*

## M A I N

*Asian inspired marinated steak with rice pilaf and broccoli*

## D E S S E R T

*Gluten-free Chocolate Cupcakes with Chocolate Glaze*

