Lunch is Ready! 12-week Winter Session
(Week of January 12 to week of April 6, 2026)

Plant-Based, Gluten-Free Menu

Meal 1

Classic Bento Box

Veggies with hummus dip, fresh fruit, BBQ protein bites, gluten free pita, vegetable protein hummus pinwheel.

Meal 2

Garden Veggie Wrap

Gluten free soft tortilla, with vegetable protein hummus, lettuce, carrots and cucumber with plant-based Ranch dressing.

Meal 3

Greek Bento Box

Veggies with hummus dip, gluten free pita, BBQ vegetable protein bites, falafel, roasted red pepper vegetable protein hummus pinwheel and fresh fruit.

Meal 4

Veggie Pasta Salad

Brown rice pasta, corn, chickpeas, black beans, grape tomatoes with a plant-based BBQ ranch dressing with shredded vegetable protein in BBQ sauce.

Meal 5

Caesar Salad

Lettuce, cucumber slices, plant-based Ceaser dressed tofu, GF croutons, vegan parmesan cheese and dried cranberries with plant-based Ceaser dressing.

Meal 6

Quesadilla Bento Box

Gluten free soft tortilla with creamy Tex-Mex tofu, bean and cheese filling with avocado dip with veggie sticks, fresh fruit and corn salad.

All meals are Halal

The 6-week menu repeats twice