

SEPTEMBER 2022



August 29th-September 2nd

- Type A Lunch
- Plate Lunch
- Vegetarian
- Bowl Special
- One Team Wagon

Weekly Salad :
Weekly Sandwich:

Monday
Teriyaki Meatballs
Fried Chicken
Cheese Tortellini
Spicy Ahi Bowl
Shoyu Pork w/ Kabocha \$7

Smoked Turkey Cape Cod Salad \$7
Turkey Cl;ub Ciabatta Sandwich \$6.50

Tuesday
Macaroni & Cheese
Teriyaki Chicken
Kung Pao tofu
Local Style Hamburger Curry
Garlic Shrimp Po'Boy \$7.75

Wednesday
Ground Turkey Sliders
Beef Stew
Quinoa & Kale Stuffed Sweet Potato
Garlic Chicken
Baked Potato w/ Puerto Rican

Chili, Cheese & Sour Cream \$6.50

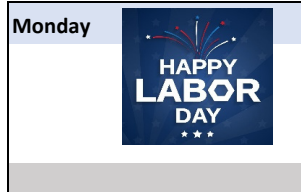
Thursday
Chicken Long Rice
BBQ Pork
Eggplant Parmesan
Korean Spicy Pork
Chicago Hot Beef Sandwich \$8

Friday
Hamburger Stew
Chicken w/ Salsa de Rosa
Black Bean Tofu Stir Fry
Tonkatsu
Misoyaki Salmon on Greens \$11

September 5th-9th

- Type A Lunch
- Plate Lunch
- Vegetarian
- Bowl Special
- One Team Wagon

Weekly Salad :
Weekly Sandwich:



Strawberry Basil & Chicken Breast Sandwich \$8.25
Chicken Bruschetta Sandwich \$7.50

Tuesday
Chicken & Broccoli Alfredo
Korean Spicy Chicken
Fried Tofu w/ Soy Ginger Sauce
Local Style Hamburger Curry
Asian Marinated Fried Chicken \$7.50

Wednesday
Teriyaki Hamburger Steak
Shoyu Pork
Lentil Shepherd's Pie
Garlic Chicken
Cubano Sandwich \$7.50

Thursday
Mochiko Chicken
Mochiko Chicken
Vegetarian Burrito
Korean Spicy Pork
Garlic Shrimp on Penne

Pasta w/ Shiitake Mushroom
Cream Sauce \$8

Friday
BBQ Pork Sandwich
Korean Sesame Chicken
Sweet Potato Curry w/ Tofu
Tonkatsu
Pizza Lasagna \$7.50

September 12th-16th

- Type A Lunch
- Plate Lunch
- Vegetarian
- Bowl Special
- One Team Wagon

Weekly Salad :
Weekly Sandwich:

Monday
Chili Frank
Mushroom Chicken
Pasta w/ Spinach, Tomato, Feta
Spicy Ahi Bowl
Pork Adobo \$7

Turkey Cobb Salad \$7.75
Spicy Italian Sandwich \$7.75

Tuesday
BBQ Chicken Piuza
Beef Stroganoff
Korean Spicy Eggplant Tofu
Local Style Hamburger Curry
Carne Asada Burrito \$9

Wednesday
Chicken Quesadilla
Kalua Pig & Cabbage
Lemon Ginger Stir Fry
Garlic Chicken
BBQ Western Burger \$6.50

Thursday
Ground Turkey Stroganoff
Chicken Fried Steak
Vegetarian Stuffed Pepper
Korean Spicy Pork
Grilled Salmon on Penne

Pasta w/ a Tomato & Bechamel
Sauce \$11

Friday
Sloppy Joe
Roast Turkey
Pad Thai w/ Tofu
Tonkatsu
Steak Bowl or Plate

\$9/\$11

September 19th-23rd

- Type A Lunch
- Plate Lunch
- Vegetarian
- Bowl Special
- One Team Wagon

Weekly Salad :
Weekly Sandwich:

Monday
BBQ Meatballs
Ranch Style Chicken
Cauliflower Tofu Curry
Spicy Ahi Bowl
Hamburger Steak \$7.50

Southwest Grilled Chicken Salad \$8
BLT Pesto Chicken Sandwich \$7.75

Tuesday
Shoyu Chicken
Misoyaki Pork
Butternut Squash & Lentil
Local Style Hamburger Curry
Ground Beef Taco Salad

in a Fried Tortilla Shell \$8

Wednesday
Shepherd's Pie
BBQ Pork
Hummus & Pita Caponata
Garlic Chicken
Gumbo w/ Cornbread \$8.50

Thursday
Spaghetti w/ Meat Sauce
Honey Garlic Chicken
Veggie Taco Salad
Korean Spicy Pork
Street Style Chicken Taco \$7.50

Friday
Hamburger Curry
Fiesta Lime Chicken
Pasta Puttanesca
Tonkatsu
Grilled Chicken Florentine

on Pasta \$7.75

September 26th-30th

- Type A Lunch
- Plate Lunch
- Vegetarian
- Bowl Special
- One Team Wagon

Weekly Salad :
Weekly Sandwich:

Monday
HOS Holiday

Kalua Turkey Salad \$7.50
Chicken Caprese Ciabatta Sandwich \$7.75

Tuesday
Grilled Cheese w/ Tomato Bisque
Korean Fried Chicken
Godzilla Tofu Poke
Local Style Hamburger Curry
Salmon Soba Noodle Bowl \$11

Wednesday
Italian Meatball Sub
BBQ Chicken
Pasta w/ Vegetable Marinara
Garlic Chicken
Clam Chowder w/ Crostini \$8.50

Thursday
Yakitori Chicken on Fried Noodles
Japanese Beef Curry
Japanese Tofu Curry
Korean Spicy Pork
Furikake Chicken w/ Teriyaki

Sauce & Spicy Aioli \$7.75

Friday
Trucked Ala King
Grilled Korean Pork
Vegetable Lasagna
Tonkatsu
Korean Beef Taco \$8.50