

The Harvest Bistro

DAILY LUNCH SELECTIONS

Beverages

Coke, Diet Coke, Caffeine Free Coke,
Cherry Coke, Sprite, Root Beer,
Ginger Ale, Fruit Punch

Milk

Your choice of Whole, 2%, Skim, Chocolate,
Almond, Coconut

Coffee

Variety of Teas

Hot Chocolate

Juice

Your choice of Cranberry, Apple, Orange

Enhanced Flavored & Vitamin Waters

Your choice of Tropical Mango, Strawberry Kiwi,
Blueberry Pomegranate

Vegetarian Options

Organic Bean Soup, French Onion Quiche,
Vegetable Fajitas, Buckwheat Noodle Stir Fry,
Farro Risotto, Grilled Tofu and Vegetables,
Seasoned Black Bean Burger

Sides

Tossed Salad, Sugar Free Jello,
Onion Rings, French Fries

Seasonal Fruit Plate

With Yogurt Dip or Cottage Cheese

Entrées

Tossed Salad with Grilled Chicken Breast
With your choice of dressing

Baked Whitefish Fillet

Fried Chicken Fingers

Sandwiches and Wraps

Served on your choice of Hoagie Roll,
Nine Grain, White, or Whole Wheat Bread

Hamburger, Cheeseburger

Kosher Beef Hot Dog

Garden Vegetable Burger

Grilled Chicken Breast Sandwich
With or without bun

Grilled Cheese Sandwich

BLT Sandwich

Breaded Fish Fillet

Grilled Ham or Turkey Breast

Sandwich with Cheese

Ham, Turkey, or Roast Beef Deli Sandwich

Tuna Salad Melt

Club Sandwich

Tuna or Chicken Salad

Grilled Chicken Caesar Wrap

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Today's Special Lunch Selections

Soups

Minestrone

New England Clam Chowder

Salads

Boston Lettuce, Feta Cheese, Chopped
Tomatoes, Red Onion, Bacon and Corn

Entrées

Herb Tilapia

Pulled Pork Sandwich

Baked Shell Pasta with Garlic Bread

Sides

Scalloped Potatoes

Garden Rice Pilaf

Steamed Carrots

Seasoned Green Beans

Desserts

Lemon Cream Pie

Smart Sweet Dessert

Chocolate Pudding

SEDGEBROOK

LIFE, YOUR WAY.