



OPICA LUNCH MENU

- OCTOBER 2025 -

DATE	Monday	Tuesday	Wednesday	Thursday	Friday
1-Oct			Mexicali Chicken and Rice Bowl Peaches	Morning Glory Overnight Oats Orange	Turkey Cheeseburger Hash Kiwi
6-Oct	Chimichurri Chicken Grain Bowl Orange	Tex-Mex Turkey Rotini Peaches	Cashew Chicken Salad Tangerine	Turkey Yokisoba Kiwi	Salmon Superfood Salad Orange
13-Oct	French Onion Chicken Peaches	Creamy Lemon Broccoli Rice Pilaf Apple	Turkey Warm Spinach Salad and Vegetable Soup Orange	Beef Picadillo con Arroz Tangerine	Pesto Chicken Pasta Kiwi
20-Oct	Lemon Maple Salmon Bowl Kiwi	Pollo Asado Tangerine	Beef Mushroom Stroganoff Peaches	Yucatan Salmon Orange	Roasted Lemon Dill Chicken Peaches
27-Oct	Beef Taco Salad with Tomato Soup Peaches	Calabacitas con Pollo Orange	Turkey Cheeseburger Hash Tangerine	Beef Bolognese Orange	Chicken Enchilada Rotini Peaches

