



HAPPY NEW YEAR!

OPICA LUNCH MENU - JANUARY 2026 -

DATE	Monday	Tuesday	Wednesday	Thursday	Friday
1-Jan				Holiday	Lemon Maple Salmon Bowl Kiwi
5-Jan	Salmon Superfood Salad Orange	Pollo Asado Tangerine	Creamy Broccoli Mac & Cheese Peaches	Yucatan Salmon Orange	Roasted Lemon Dill Chicken Peaches
12-Jan	Lemon Maple Salmon Bowl Kiwi	Creamy Lemon Broccoli Rice Pilaf Apple	Caribbean Chicken Curry Kiwi	Cauliflower Romesco Tangerine	Pesto Chicken Pasta Kiwi
19-Jan	Holiday	Calabacitas con Pollo Orange	Turkey Cheeseburger Hash Tangerine	Mexicali Chicken and Rice Bowl Orange	French Onion Chicken Peaches
26-Jan	Pesto Chicken Pasta Kiwi	Cauliflower Romesco Tangerine	Caribbean Chicken Curry Kiwi	Chimichurri Chicken Grain Bowl Orange	Lemon Maple Salmon Bowl Kiwi