



HAPPY EASTER

OPICA LUNCH MENU

- APRIL 2026 -

DATE	Monday	Tuesday	Wednesday	Thursday	Friday
1-Apr			Beef Brisket, Potato & Onion kugel, Citrus Salad Herbed Quinoa Bread Pudding	Chile Verde Chicken Flauta, Black Beans, Flour Tortilla, Brown Rice, Kiwi	Baked Fish Beurre Blanc, Spring Mix Salad w/Cucumber, Brown Rice, Tangerine
6-Apr	Orange Chicken, Garlic Zucchini & Carrots, Brown Rice, Cantaloupe	Beef Brisket, Potato & Onion kugel, Citrus Salad Herbed Quinoa Bread Pudding	Baked Chicken, White Beans, Baked Yam, WG Roll, Tangerine	Fish Almandine, Garlic Spinach, carrots, Quinoa, Pineapple & Papaya	Harissa Chickpeas, Roasted Eggplant, Kale salad, WG Pita, Honeydew Melon
13-Apr	Beef fajitas, Corn, Green Beans, WG Tortilla, Tangerine	Chicken Chile Verde, Pinto Beans, Brown Rice, Cantaloupe	Fish Piccata, Sauteed Red & Orange Bell Peppers, WG Pasta, Pineapple & Papaya	Beef Stew, Garlic Kale, Vegetables, Brown Rice, Honeydew Melon	Poblano Creamy Chicken, Green Beans, Mushrooms, WG Pasta, Orange
20-Apr	Chicken Tikka Masala, Roasted Eggplant, Brown Rice, Cantaloupe	Lemon Glazed Fish, Sweet Potato Mash, Quinoa, Pineapple & Papaya	Beef & Broccoli, Bok Choy, Brown Rice, Honeydew Melon	Chicken Pasta Primavera, Green Peas, WG Pasta, Tangerine	Beef Chile Colorado, Black Beans, Zucchini, WG Tortilla, Kiwi
27-Apr	Fish W/Garlic Sauce, Spinach, Quinoa, Orange	Carne Asada, Refried Beans, Cayote w/onions, WG Tortilla, Kiwi	Sesame Chicken, Parsnips, Cabbage in WG Noodles, Cantaloupe	Meatloaf, Vegetable Medley, WG Dinner Roll, Pineapple & Papaya	Chicken Pesto Pasta, Honeydew Melon Carrots, WG Pasta Honeydew Melon,

