

OPICA LUNCH MENU - MAY 2026 -

DATE	Monday	Tuesday	Wednesday	Thursday	Friday
4-May	Pepper Steak, Green Beans, Mushrooms & Onion Stir Fry, Bok Choy, w/Dinner Roll Pineapple & Papaya	Chicken Chile Verde, Spanish Brown Rice, Roasted Corn, In season fruit, Flan	White Fish, Carrots & Green Peas, Quinoa, Orange	Chile Verde Chicken Flauta, Black Beans, Brown Rice Kiwi	Salmon w/Pineapple relish, kale & Spinach salad, Green beans, Brown Rice, Strawberries, Brownie
11-May	Orange Chicken, Garlic Zucchini & Carrots, Brown Rice, Cantaloupe	Beef Stir Fry, Broccoli, WG Noodles Orange	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
18-May	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	BBQ Chicken, Mac & Cheese, Roasted Vegetables, Coleslaw, Watermelon, Oatmeal cookie
25-May	HOLIDAY	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