

HAPPY Labor Day

OPICA LUNCH MENU - SEPTEMBER 2026 -

DATE	Monday	Tuesday	Wednesday	Thursday	Friday
1-Sep		Blackened Creole Fish, Green Peas, Creamy Coleslaw, Quinoa, Banana	Turkey Meatballs, Sautéed Spinach, WG Pasta, Kiwi or Strawberries	Mediterranean Lentils, Carrots, Broccoli, WG Pita Bread, Tangerine	Grilled Chicken Sandwich (WG bun) Mixed Salad, Carrots, Strawberries & Cookie
7-Sep	HOLIDAY	Beef Stir Fry, Broccoli, Vegetables, WG Spaghetti, Fruit	Baked Chicken, Red Beans, Baked Yam, WG Dinner Roll, Tangerine	Fish Almondine, Herbed Spinach, Corn, Quinoa, Kiwi or Strawberries	Harissa Chickpeas, Roasted Eggplant, Vegetables, WG Pita, Honeydew Melon
14-Sep	Beef Fajitas, Corn, Green Beans, WG Tortilla, Tangerine	Chicken Chile Verde, Pinto Beans, Garlic Zucchini, Brown Rice, Cantaloupe	Fish Piccata, Sautéed Red & Orange Bell Peppers, Quinoa, Creamy Coleslaw, Apple	Beef Stew, Garlic Kale, Vegetables, Brown Rice, Honeydew Melon	Turkey Bolognese, Broccoli, Mushrooms, WG Pasta, Orange
21-Sep	Chicken Tikka Masala, Roasted Eggplant, Tomatoes & Onion, Brown Rice, Cantaloupe	Lemon Glazed Fish, Carrots + Green Beans, Kale Salad, Quinoa, Banana	Beef & Broccoli, Bok Choy, Vegetables, Brown Rice, Honeydew Melon	Chicken Pasta Primavera, Green Peas + Cauliflower, WG Pasta, Tangerine	Beef Chile Colorado, Black Beans, Zucchini w/Herbs, WG Tortilla, Fruit
28-Sep	Fish W/Garlic Sauce, Spinach, Corn, Quinoa Pilaf, Orange	Carne Asada, Refried Beans, Chayote w/Onions & Tomatoes, WG Tortilla, Fruit	Sesame Chicken, WG Noodles, Vegetables, Cantaloupe		