

OPICA LUNCH MENU - OCTOBER 2026 -

DATE	Monday	Tuesday	Wednesday	Thursday	Friday
1-Oct				Meatloaf, Vegetable Medley, Mashed potatoes, WG Dinner Roll, Pineapple & Papaya	Chicken Pesto Pasta, Carrots, Broccoli slaw, WG Pasta, Apple
5-Oct	Pepper Steak Green Beans w/mushrooms, bok choy, WG roll, Fruit	Chicken Tinga, Roasted Corn, Brown Rice, Cantaloupe	White Fish w/león Wedge, Carrots, Herbed lentils, Quinoa, Orange	Chile Verde Chicken Flauta, Yellow Squash, Cabb. slaw, Banana	Beef w/Onions & Tomatoes, Steamed Kale, Roasted Potatoes, WG Roll, Tangerine
12-Oct	Turkey Picadillo, Pinto Beans, Yellow Squash, WG Tortilla Orange	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	Cantonese BBQ Chicken, Sautéed Water Chestnuts, Bok Choy or Collards WG Spaghetti, fruit
19-Oct	Roasted Glazed Chicken, Herbed Carrots, Cabbage Slaw, Brown Rice, Banana	Beef Stir Fry, Broccoli, Vegetables, WG Spaghetti, Pineapple & Mango	Baked Chicken, Red Beans, Baked Yam, WG Roll, Tangerine	Fish Almandine, Herbed Spinach, Corn, Quinoa, Fruit	Harissa Chickpeas, Roasted Eggplant, Vegetables, WG Pita, Honeydew Melon
26-Oct	Beef fajitas, Corn, Green Beans, WG Tortilla, Tangerine	Chicken Chile Verde, Pinto Beans, Garlic Zucchini, Brown Rice, Cantaloupe	Fish Piccata, Sautéed Bell Peppers, Quinoa, Creamy Coleslaw, Apple	Beef Stew, Garlic Kale, Vegetables, Brown Rice, Honeydew Melon	Turkey Bolognese, Broccoli, Mushrooms, WG Pasta, Orange