Thanksgiving



OPICA LUNCH MENU
- NOVEMBER 2026 -

DATE	Monday	Tuesday	Wednesday	Thursday	Friday
2-Nov	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
9-Nov	Fish W/Garlic Sauce, Spinach, Corn, Quinoa Pilaf, Orange	Carne Asada, Refried Beans, Chayote w/Onions & Tomatoes, WG Tortilla, Fruit	**HOLIDAY**	Meatloaf, Vegetable Medley, Mashed potatoes, WG Dinner Roll, Pineapple & Papaya	Chicken Pesto Pasta, Carrots, Broccoli slaw, WG Pasta, Apple
16-Nov	Pepper Steak Green Beans w/mushrooms, bok choy, WG roll, Fruit	Chicken Tinga, Roasted Corn, Brown Rice, Cantaloupe	White Fish w/lemon 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
23-Nov	Turkey Picadillo, Pinto Beans, Yellow Squash, WG Tortilla, Orange	Blackened Creole Fish, Green Peas, Creamy Coleslaw, Quinoa, Banana	Turkey Meatballs, Sauteed Spinach, WG Pasta, Kiwi or Strawberries	**HOLIDAY**	**HOLIDAY**
30-Nov	Roasted Glazed Chicken, Herbed Carrots, Cabbage Slaw, Brown Rice, Banana				

HAPPY Thanksgiving

