## JUDD'S Lean Lunch

## Salt-and-Pepper Char-Grilled Chicken Breast

 (GF / Dairy Free)
## Herb Grilled Salmon

(GF / Dairy Free)

## Wheat Pasta w/ Swiss Chard \& Feta <br> (Vegetarians)

## Mixed Grain Pilaf w/ Toasted Almonds

(GF / Dairy Free / Vegan / Vegetarian / Contains Nuts)
Grilled Vegetables
(GF / Dairy Free / Vegan / Vegetarian)
Mixed Greens Salad w/ Green Apples, Dried
Cherries \& Almonds
(GF / Dairy Free / Vegan / Vegetarian / May Contain Nuts)
Balsamic Vinaigrette
(GF / Dairy Free / / Vegetarian)
Multi-grain Baguettes
(Dairy Free / Vegan / Vegetarian / May Contain Nuts)

