

May Lunch

Health 2017

Nama Catering

Nama catering makes healthy, homemade, delicious meals. We use whole grain and whole wheat in bread and pastas whenever possible. Nama strives to buy local and organic ingredients when available and supports our local farmers. All lunches will be served with low fat milk or bottled water.

info@namacatering.com

*Menu items are subject to substitution without notice



Monday	Tuesday	Wednesday	Thursday	Friday
1 Grilled Chicken and Veggie Pasta in a light Butter Sauce Served with a Whole Grain Roll and Fresh Fruit	2 Club Sandwiches Served with Baby Carrots Ranch and Fresh Fruit	3 Frito Pie Served with a Garden Salad and Fresh Fruit	4 Baked Ziti Served with a Garden Salad and Fresh Fruit	5 Pepperoni or Cheese Pizza Served with Raw Veggies, Ranch and Fresh Fruit
8 Spaghetti and Meat Marinara Served with Garlic Bread, Garden Salad and Fresh Fruit	9 Beef and Potato Soft Tacos Served with Pinto Beans, Salsa and Fresh Fruit	10 BBQ Chicken Sandwich Served with Homemade Chips, and Fresh Fruit	11 Beef Hotdog Served with Baby Carrots, Ranch and Fresh Fruit	12 Supreme or Cheese Pizza Served with Raw Veggies, Ranch and Fresh Fruit
15 Chicken Nuggets and French Fries served with Fresh Fruit	16 Bean and Cheese Burrito Served with Homemade Potatoes and Fresh Fruit	17 Sesame Chicken Lo Mein Served with Mandarin Oranges and a Fortune Cookie	18 Turkey Bacon Ranch Wrap Served with Cheez-it's and Fresh Fruit	19 French Bread Pepperoni Pizza Served with a Garden Salad and Fresh Fruit
22	23 Teriyaki Chicken Served with Veggie Fried Rice and Mandarin Oranges	24 Beef and Bean Nachos Served with Lettuce, Tomatoes, Sour Cream, Jalapenos (optional) and Fruit	25 Grilled Cheese Sandwich Served With a Chef Salad and Fresh Fruit	26 Hawaiian Pizza Served with Raw Veggies, Ranch and Fresh Fruit
29	30 Meatball Sub Served with Potato Salad and Fresh Fruit	31 Chicken Enchiladas Served with Beans and Fresh Fruit		