

HOT LUNCH

February MENU 2025



Monday	Tuesday	Wednesday	Thursday	Friday
3 Sun butter and jelly sandwiches with chips, fruit and veggies	4 Frito pie with fruit and veggies	5 Lasagne with garlic bread, fruit and veggies	6 West Africa sweet potato stew with fruit	7 Pizza with fruit and veggies
10 Sloppy Joes with chips, fruit and veggies	11 Chilaquiles with pico de gallo, guacamole, fruit	12 Ravioli marinara with garlic bread, fruit and veggies	13 Senegalese Braised chicken with lime and onions	14 Pizza dippers with fruit and veggies
17 Mac and cheese with fruit and veggies	18 Ground beef tacos with fruit and veggies	19 Minestrone soup with garlic bread, fruit and veggies	20 Nigerian Jollof Rice with chicken, fruit and veggies	21 Pizza with fruit and veggies
24 Hot dogs with chips, fruit and veggies	25 Cheese quesadilla with stewed black beans, fruit and veggies	26 Baked penne marinara with garlic bread, fruit and veggies	27 Congolese Moambe chicken with fried plantain and rice	28 Pizza dippers with fruit and veggies

To purchase lunch, please order through the [Harwood Cafe Website](#).

Daily - \$5.5 Monthly - \$95 By Semester - \$295

vegetarian options available