

HOT LUNCH MENU

April 2025



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chilaquiles with fruit and veggies	2 Spaghetti puttanesca with garlic bread, fruit and veggies	3 Beef stroganoff with fruit and veggies	4 Pizza dippers with fruit and veggies
7 Sun butter and jelly sandwich with chips, fruit and veggies	8 Bean burrito with fruit and veggies	9 Baked penne marinara with garlic bread, fruit and veggies	10 Rosemary balsamic braised beef with polenta, fruit and veggies	11 Pizza with fruit and veggies
14 Ham and cheese flatbread with fruit and veggies	15 Ground beef tacos with fruit and veggies	16 Spaghetti al Limone, garlic bread, fruit and veggies	17 EARTH-DAY	18 VERNAL HOLIDAY
21 Mac and cheese with fruit and veggies	22 Cheese quesadilla with stewed black beans, fruit and veggies	23 Caprese panini with chips, fruit and veggies	24 Filipino adobo with potatoes, fruit and veggies	25 Pizza dippers with fruit and veggies
28 Sloppy joes with chips, fruit and veggies	29 Nachos with fruit and veggies	30 Bow tie amtricana with garlic bread, fruit and veggies.		

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

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

vegetarian options available