

# January 2026 Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
V = vegetarian Vegan = no meat, eggs, or dairy				1 <i>LMUCC Closed University Holiday</i>	2 <i>LMUCC Closed University Holiday</i>	3
4	5 Chicken & Rice Soup, Steamed Vegetables, Fruit <i>V &amp; Vegan: Vegetable Soup w/ Rice</i>	6 Fish Tacos, Cabbage Salad, Fruit & Green Salsa <i>V &amp; Vegan: Brown Rice &amp; Black Beans</i>	7 Mushroom & Cheese Pizza, Steamed Vegetables, Fruit <i>V: ok</i> <i>Vegan: Pizza no dairy</i>	8 Shepard's Pie, Asparagus, Oranges <i>V &amp; Vegan: Polenta Cakes &amp; Marinara</i>	9 Tofu & Vegetable Stir Fry, Brown Rice, Oranges <i>V &amp; Vegan: ok</i>	10
11	12 Vegetable Sushi Rolls, Edamame, Fruit <i>V &amp; Vegan: ok</i>	13 Black Bean Burger, Baked Sweet Potato Wedges, Fruit <i>V &amp; Vegan: ok</i>	14 Penne w/ Bolognese, Grilled Vegetables, Oranges <i>V &amp; Vegan: Vegan Bolognese</i>	15 Tomato Basil Soup, Grilled Cheese, Apples <i>V: ok</i> <i>Vegan: Avocado Sandwich w/ veggies</i>	16 Falafel, Hummus, Pita, Fruit <i>V &amp; Vegan: ok</i>	17
18	19 <i>LMUCC Closed University Holiday MLK Day</i>	20 Baked Ziti, Steamed Vegetables, Fruit <i>V &amp; Vegan: Pasta with Marinara Sauce</i>	21 Tortilla Soup, Cheddar Cheese, Rolls, Fruit <i>V: ok</i> <i>Vegan: No cheese</i>	22 Chinese Chicken Salad w/ Crunchy Noodles & Green Dressing, Oranges, Brown Rice <i>V &amp; Vegan: Chinese Salad w/ marinated tofu</i>	23 Spaghetti & Turkey Meatballs, Steamed Vegetables, Fruit <i>V &amp; Vegan: Spaghetti w/ marinara</i>	24
25	26 Lo Mein Noodles w/ Stir Fried Vegetables & Tofu, Steamed Carrots, Fruit <i>V &amp; Vegan: ok</i>	27 Pesto Pasta w/ Pumpkin Seeds, Black Bean & Corn Salad, Fruit <i>V &amp; Vegan: ok</i>	28 Grilled Chicken, Spanish Rice, Steamed Vegetables, Fruit <i>V &amp; Vegan: Marinated Tofu</i>	29 Vegetable Soup, Tuna Salad Sandwich, Fruit <i>V &amp; Vegan: Avocado Sandwich w/ veggies</i>	30 Black Bean Chili, Brown Rice, Steamed Vegetables, Fruit <i>V &amp; Vegan: ok</i>	31