



## Wells Central Menu ~ ARTISAN~ October 12-October 30, 2009

V=Vegetarian (no meat products); VGN=Vegan (no egg, dairy, or meat products)

<<S>> Fish/Shellfish allergy alert; <<-N>> Nut/Peanut allergy alert

*Everyday Items: Fresh Garden Salad , Whole Fruit, Chips*



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of Oct. 12, 2009	Closed for Fall Break	<b>Open at 4 :30 p.m.</b> Chicken Orzo Soup Vegetable Tortellini Soup-V <b>Sandwich Choices:</b> Roast Beef & Cheddar Panini Portabella Sizzle Wrap-V Chicken Fajita (Chicken Strips, Salsa, Cheddar Cheese) Herbed Potato Salad-V	Turkey Vegetable Soup Corn Chowder- V <b>Sandwich Choices:</b> Chicken Bacon Wrap Spicy Roast Beef & Brie Panini The Athens-V (Feta Cheese, Olive, & Tomato) House Pasta Salad-V	Italian Wedding Soup Cream of Mushroom Soup-V <b>Sandwich Choices:</b> Philly Steak Wrap Spinach Hummus Wrap-VGN Chicken Dijon (Chicken Tenders, Havarti Cheese, Tomatoes) Cole Slaw-V	<<Fish Chowder-S>> Mexican Minestrone Soup-VGN <b>Sandwich Choices:</b> <<Chicken Caesar Wrap-S>> The Florence-V (Roasted Red Pepper & Spinach) Turkey BLT Panini (Turkey, Bacon, Lettuce & Tomato) Herbed Potato Salad-V
Week of Oct. 19, 2009	Chicken Tortilla Soup Tomato Bisque-V <b>Sandwich Choices:</b> Chicken Fajita Wrap Roast Beef & Caramelized Onion Panini The Sicily -V (Avocado, Onion, & Jalapeno) House Pasta Salad-V	Beef Rice Soup Potato & Cheddar Chowder-V <b>Sandwich Choices:</b> Chicken Bacon Wrap The Athens-V (Feta, Olive & Tomato) Hot & Spicy Ham (Ham, Pepper jack Cheese, Red Peppers) Cole Slaw-V	Turkey Noodle Soup Cream of Broccoli Soup-V <b>Sandwich Choices:</b> <<Tuna Melt Panini-S>> Buffalo Chicken Panini The Roaster-V (Eggplant & Hummus) Herbed Potato Salad-V <b>STEAK &amp; LOBSTER NIGHT (4:30 – 8 p.m.)</b> Grilled Steak or << Fresh Lobster-S>> <<Steamed Mussels-S>> Cheese Lasagna-V	Potato & Ham Chowder Mexican Minestrone Soup-VGN <b>Sandwich Choices:</b> Shanghai Beef Wrap Grilled Ham & Cheese Flatbread Grilled Vegetable Wrap-VGN House Pasta Salad-V	<<Seared Salmon & Herb Chowder-S>> Garden Chili-VGN <b>Sandwich Choices:</b> Roast Beef & Caramelized Onion Wrap Grilled Zucchini & Summer Squash Panini-V Turkey Reuben (Turkey, Swiss Cheese, Sweet & Sour Cabbage) Cole Slaw-V
Week of Oct. 26, 2009	Beef Noodle Soup Cream of Tomato Soup-V <b>Sandwich Choices:</b> BLT Wrap Spinach Hummus Wrap-VGN Turkey & Cranberry Compote- (Sliced Turkey & Cranberry Spread) Herbed Potato Salad-V	Bacon Corn Chowder Pasta e Fagiololi-VGN <b>Sandwich Choices:</b> Honey Ham & Swiss Wrap The Margarita-V (Tomato, Basil, & Mozzarella) Chicken Dijon (Chicken Tenders, Havarti Cheese, Tomatoes) House Pasta Salad-V	Chili Con Carne Minestrone Soup-V <b>Sandwich Choices:</b> <<Chicken Caesar Wrap-S>> Garden Vegetable Wrap-VGN The Rome (Salami, Ham & Provolone) Cole Slaw-V	Southwest Chicken Soup Cream of Broccoli Soup-V <b>Sandwich Choices:</b> Chicken Fajita Wrap Three Cheese Panini-V The Lucca- (Roast Beef & Cheddar) Herbed Potato Salad-V	<<Clam Chowder-S>> Chipotle Black Bean Soup-VGN <b>Sandwich Choices:</b> Turkey BLT Wrap Italian Vegetable Deli Wrap-V <<Chicken Pesto Panini-N>> House Pasta Salad-V