



# Wells Central Menu ~ ARTISAN~ November 23- December 11, 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 Nov. 23 , 2009	Beef Noodle Soup Tomato Florentine Soup-VGN  <b>Sandwich Choices:</b> Mexican Chicken Panini  Portabella Sizzle Wrap-V  Hot & Spicy Ham <i>(Ham, Pepper jack Cheese, Red Peppers)</i> Cole Slaw-V	Chicken Orzo Soup Vegetable Tortellini Soup-V  <b>Sandwich Choices:</b> Roast Beef & Cheddar Panini  Chicken Fajita <i>(Chicken Strips, Salsa, Cheddar Cheese)</i> The Salerno -V <i>(Tomato &amp; Ricotta)</i> Herbed Potato Salad-V	Turkey Vegetable Soup Corn Chowder- V  <b>Sandwich Choices:</b> Chicken Bacon Wrap The Roaster-V <i>(Eggplant &amp; Hummus)</i> Spicy Roast Beef & Brie Panini House Pasta Salad-V	Closed for Thanksgiving Break	Closed for Thanksgiving Break
Week of Nov. 30 , 2009	Chicken Tortilla Soup Tomato Bisque-V <b>Sandwich Choices:</b> Chicken Fajita Wrap Roast Beef & Caramelized Onion Panini  The Sicily -V <i>(Avocado, Onion, &amp; Jalapeno)</i> House Pasta Salad-V	Beef Rice Soup Potato & Cheddar Chowder-V  <b>Sandwich Choices:</b> Chicken Bacon Wrap The Athens-V <i>(Feta, Olive &amp; Tomato)</i> Hot & Spicy Ham <i>(Ham, Pepper jack Cheese, Red Peppers)</i> Cole Slaw-V	Turkey Noodle Soup Cream of Broccoli Soup-V  <b>Sandwich Choices:</b> <<Tuna Melt Panini-S>>  Grilled Vegetable Wrap-VGN Buffalo Chicken Panini Herbed Potato Salad-V	Potato & Ham Chowder Mexican Minestrone Soup-VGN  <b>Sandwich Choices:</b> Shanghai Beef Wrap Grilled Ham & Cheese Flatbread The Athens-V <i>(Feta Cheese, Olive, &amp; Tomato)</i> 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 <i>(Turkey, Swiss Cheese, Sweet &amp; Sour Cabbage)</i> Cole Slaw-V
Week of Dec. 7, 2009	Beef Noodle Soup Cream of Tomato Soup-V  <b>Sandwich Choices:</b> BLT Wrap  Spinach Hummus Wrap-VGN  Turkey & Cranberry Compote- <i>(Sliced Turkey &amp; Cranberry Spread)</i> Herbed Potato Salad-V	Bacon Corn Chowder Pasta e Fagiololi-VGN <b>Sandwich Choices:</b> Honey Ham & Swiss Wrap  The Margarita-V <i>(Tomato, Basil, &amp; Mozzarella)</i>  Chicken Dijon <i>(Chicken Tenders, Havarti Cheese, Tomatoes)</i> House Pasta Salad-V	Chili Con Carne Minestrone Soup-V  <b>Sandwich Choices:</b> <<Chicken Caesar Wrap-S>>  Garden Vegetable Wrap-VGN  The Rome <i>(Salami, Ham &amp; Provolone)</i> Cole Slaw-V	Southwest Chicken Soup Cream of Broccoli Soup-V  <b>Sandwich Choices:</b> Chicken Fajita Wrap Three Cheese Panini-V  The Lucca- <i>(Roast Beef &amp; Cheddar)</i> 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