

House of Welcome Day Program Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Tuna salad sandwich	Roast beef sandwich	Turkey sandwich	Egg salad sandwich	Chicken salad sandwich
Vegetable or fresh fruit	Vegetable or fresh fruit	Vegetable or fresh fruit	Vegetable or fresh fruit	Vegetable or fresh fruit
Chips or pretzels	Chips or pretzels	Chips or pretzels	Chips or pretzels	Chips or pretzels
Dessert	Dessert	Dessert	Dessert	Dessert

Notes:

- Sandwiches are served on whole wheat bread.
- A peanut butter and jelly sandwich is available as an alternative (with sugar-free jelly)
- Side items are a small portion.:
 - Fruit/vegetable – Often are half a banana, apple slices, blueberries, strawberries, baby carrots, grape tomatoes.
 - Desserts are often baked during the HOW baking group. We also serve commercially based cookies and ice cream. Sugar-free and gluten items are available.