

House of Welcome Day Program Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Tuna salad sandwich	Chicken Salad sandwich	Egg Salad sandwich	Turkey sandwich	Roast Beef sandwich
Vegetable or fresh fruit				
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 baked cookies and ice cream. Sugar-free and gluten-free items are available.