

2026 JHC LUNCH MENU

\$20/day – includes 20 oz. beverage, chips, fruit, & dessert daily

PLEASE CIRCLE ONE (1) OPTION EACH DAY AND EMAIL TO Jill@gmhainc.org

MONDAY - JUNE 22ND

Garden salad - lettuce, tomato, cucumber, red onion, & your choice of dressing & topping:

Cheddar cheese, Boiled egg, Tofu, or meat from this day's wrap or sandwich

Peanut Butter and Jelly- classic peanut butter and jelly on hearty white bread

Turkey BLT Wrap – sliced turkey, Bacon, lettuce, tomato, plain mayo, on a wrap

TUESDAY – JUNE 23RD

Garden salad - lettuce, tomato, cucumber, red onion, & your choice of dressing & topping:

Cheddar cheese, Boiled egg, Tofu, or meat from this day's wrap or sandwich

Peanut Butter and Jelly- classic peanut butter and jelly on hearty white bread

Spicy Turkey Wrap- sliced turkey, siracha mayo, cheddar, lettuce, tomato, banana pepper, bacon, on a wrap

WEDNESDAY – JUNE 24TH

Garden salad - lettuce, tomato, cucumber, red onion, & your choice of dressing & topping:

Cheddar cheese, Boiled egg, Tofu, or meat from this day's wrap or sandwich

Peanut Butter and Jelly- classic peanut butter and jelly on hearty white bread

Roast Beef Sandwich- sliced roast beef, cheddar cheese, lettuce, tomato, garlic mayo, on hearty white bread

THURSDAY – JUNE 25TH

Garden salad - lettuce, tomato, cucumber, red onion, & your choice of dressing & topping:

Cheddar cheese, Boiled egg, Tofu, or meat from this day's wrap or sandwich

Peanut Butter and Jelly- classic peanut butter and jelly on hearty white bread

Ham and Swiss Sandwich - sliced ham, Swiss cheese, lettuce, mustard, on hearty white bread

FRIDAY – JUNE 26TH

Garden salad - lettuce, tomato, cucumber, red onion, & your choice of dressing & topping:

Cheddar cheese, Boiled egg, Tofu, or meat from this day's wrap or sandwich

Peanut Butter and Jelly- classic peanut butter and jelly on hearty white bread

Chicken Caesar Salad Wrap – chicken breast, lettuce, parmesan cheese, house made croutons, house made Caesar dressing, on a wrap

SATURDAY – JUNE 27TH

Garden salad - lettuce, tomato, cucumber, red onion, & your choice of dressing & topping:

Cheddar cheese, Boiled egg, Tofu, or meat from this day's wrap or sandwich

Peanut Butter and Jelly- classic peanut butter and jelly on hearty white bread

Egg Salad Sandwich- fresh egg salad, lettuce, tomato, cheddar cheese, on hearty white bread

SUNDAY – JUNE 28TH

PIZZA – Rammunto's Plain cheese or pepperoni

Gluten Free pizza available

Gluten Free option available

Dressing options are: Balsamic or Ranch

Sandwiches can be made on Gluten Free bread for \$5.00 extra

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