







Seasonal Menu

Week 3								
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Classic Soup	Garden Vegetable	Garden Vegetable	Garden Vegetable	Garden Vegetable	Garden Vegetable	Soup du Jour	Soup du Jour
	Whole Body Soup	Mushroom Bisque	Navy Bean	Manhattan Clam Chowder	Cream of Tomato	Shrimp Bisque	Soup du Jour	Soup du Jour
	Chili	Chorizo Chili	Chorizo Chili	Chorizo Chili	Chorizo Chili	Chorizo Chili	Chorizo Chili	Chorizo Chili
	Carved						Honey Pineapple Glazed Ham	Roasted Turkey
 Lunch	Entrée	Buffalo Chicken Tenders	Pulled Pork Sandwich	Beef Tacos (2)	Jerk Chicken Skewers	Baked Fish with Lemon Dill Sauce	Mushroom Dijon Chicken Breast	Country Fried Steak
	Entrée						Spinach Lasagna	Mini Apple Leek Quiche
	Vegetable	Warm Corn Salad with Cilantro	Garlic Roasted Green Beans & Cauliflower	Broccoli with Olive Oil & Lemon Juice	Corn Fritters	Collard Greens & Cabbage	Green Beans Almondine	Broccoli Sauté
	Vegetable						Vegetable Medley	Buttered Corn
	Starch	Tater Tots	Cajun Fries	Spanish Rice	Hoppin' John Rice	Old Bay Wedges	Roasted Potato Medley	Sweet Potato Mash
	Starch						Braised Artichoke Rice Pilaf	Bread Stuffing
 Dinner	Entrée	Oriental Style Shaved Beef	Jalapeno Chicken	Baked Ziti with Garlic Bread	Grilled Turkey Medallions au Jus	Chicken Cacciatore	Jamaican Jerk Pork Loin	Eggplant Parmesan
	Entrée	Herb Orange Pork Loin	Seafood Tetrizzini	Caribbean Spiced Chicken	Asian Pork Stir Fry	Mexican Spaghetti	Chicken & Shrimp Gumbo	Rigatoni with Italian Sausage
	Vegetable	Balsamic Grilled Vegetables	Braised Artichokes with Capers & Parsley	Spaghetti Squash	Creamed Spinach	Sautéed Tomatoes with Garlic	Braised Mixed Greens	Steamed Broccoli
	Vegetable	Curried Garbanzo & Tomatoes	Vegetable du Jour	Vegetable du Jour	Vegetable du Jour	Vegetable du Jour	Vegetable du Jour	Vegetable du Jour
	Starch	Chipotle Mac & Cheese	Black Bean & Corn Pilaf	House Salad	Cheddar Mashed Potatoes	Potato Casserole/ Garlic Bread	Baked Potato with Caramelized Onions	Linguini with Fresh Herbs & Olive Oil
	Starch	Seasoned Wild Rice	Sweet Potato Casserole	Red Pepper Couscous	Fried Rice	Chickpea, Cucumber Tomato Salad	Lemon Herbed Rice	Roasted Parsley Red Potatoes /Garlic
	Lunch Entrée	Ravioli	Tuesday Wing Day with Slaw & Fries	Quesadillas	Honey Bar	Breakfast Friday	Eggs to Order	Eggs to Order
	Create your own	Baked Potato		Mac & Cheese Bar	Tortellini			
	Dinner Entrée	Tempura		Ice Cream Sundae Station	Fried Chicken		Thai Lettuce Wraps	Boiled or Fried Pierogis

	Lunch Protein	Sweet Potato Burrito	Vegetarian Spaghetti	Stuffed Eggplant	Vegetarian Baked Shells	Black Bean Tacos with Avocado	Pork Sausage (Brunch)	Pork Sausage (Brunch)
	Lunch Side	Roasted Zucchini	Steamed Peas	Balsamic Roasted Brussels Sprouts	Roasted Yellow Squash	Broccoli & Red Peppers	Turkey Bacon (Brunch)	Turkey Bacon (Brunch)
	Lunch Vegan Side	Black Barley Pilaf	Grain Blend with Marinated	Shitake Grain Blend	Savory Golden Jewel Blend	Chickpea Tagine	Scrambled Eggs & Home Fries	Scrambled Eggs & Home Fries
	Dinner Protein	Grilled Tofu Skewers	Artichoke & Spinach Lasagna	Baked Falafel with Yogurt Sauce	Tofu Spinach Wrap	Crispy Sesame Tofu	Seatin Sauté with Mushrooms & Onions	Cauliflower & Tofu Masala
	Dinner Side	Steamed Cauliflower	Vegetable Medley	Parsnips & Carrots	Eggplant & Zucchini Casserole	Sugar Snap Peas	Spicy Cauliflower	Couscous & Black Beans
	Dinner Vegan Side	Grain Medley du Jour	Butterscotch Calypso Beans	Hummus with Pita Chips	Caviar Rice Pilaf	Roasted Tri-colored Potatoes	Lentil Medley	Grain Medley du Jour
	Specialty	Ham & pepperoni Calzone	Cheeseburger Stromboli	Assorted Flatbread Pizzas	Apple & Cheddar Calzone	Vegetable Stromboli	Breakfast Stromboli	Breakfast Bagels & English Muffins
	Protein Pizza	Greek Chicken	Cajun Chicken	Sausage Peppers & Onions	Ham Asparagus & Ricotta	Italian Wedge	Bacon Cheddar & Hash Brown	Sun Dried Tomato & Spinach
	Vegetarian Pizza	Arugula & Pesto	Grilled Zucchini & Goat Cheese	Hawaiian Vegetable	Vegetable Supreme	Roasted Vegetable	Caprese (mozzarella, tomato & basil)	Pizza du Jour
	Entrée	Lasagna with & without meat	Pasta Putanesca with Garlic Bread	Eggplant Parmesan with Garlic Bread	Spaghetti Bolognese with Garlic Bread	Chicken Marsala	Pasta with 2 Sauces	Pasta Carbonara with Bacon
	Daily Feature	California Mushroom	Grilled Balsamic Chicken	Appetizers	Turkey Burger Club	Clam Boat	French Toast & Pancakes	French Toast & Pancakes
	Specialty Fry	House Fries Seasoned to Order	House Fries Seasoned to Order	Loaded French Fry Bar	House Fries Seasoned to Order	House Fries Seasoned to Order	Sausage Gravy & Biscuits	Sausage Gravy & Biscuits
Ranch, Cajun and Old Bay Seasonings for Fries Daily. Saturday- Waffle Fries, Sunday-Curly Fries								
	Composed Salad	Green Bean & Roasted Tomato	Three Bean Medley	Roasted Eggplant & Red Peppers	Marinated Brussels Sprouts	Roasted Vegetable Crudité	Lox & Condiments	Lox & Condiments
	Composed Salad	Spicy Garden Pasta	Iceberg Wedge with Red Pepper	Roasted Yellow Tomato	Apple Orchard Cole Slaw	Tomato & Hearts of Palm	Seafood Salad	Seafood Salad
	Composed Salad	Cilantro Lime White Bean	Couscous Tabbouleh	Lentils & Red Beans	Black Barley	Buffalo Chicken Pasta	Chopped Nicoise	Chopped Nicoise
	Dressings /Greens	Balsamic Vinaigrette, Caesar Dressing, Fat Free French, Low Fat Honey Mustard, Italian Dressing, Ranch Dressing						
	Daily Specialty	Italian Focaccia	Chicken Fiesta Wrap	Appetizers	Caprese	Crispy Ranch Chicken Wrap	Daily Features	Daily Features
	Belgian Waffle Bar with two syrups, Gluten Free Batter and a variety of toppings, 7 Cold Cereals, 4 Juices, Whole, 2%, Skim, Lactaid, Rice, and 2 Soy Milks, Coffee, Decaf, Tea (regular and herbal), Hot Chocolate, Cappuccino, Iced tea, 12 Soft Drinks, Filtered Water, Whole Loaf Artisan Breads, white, wheat, rye, whole grain, English Muffins, Bagels, Peanut Butter, Cream Cheese, Whipped Butter, Margarine, Honey, Jelly, Jams and Preserves. Assorted Donuts, fresh-baked Muffins, Scones, Cinnamon Rolls and Croissants. An assortment of fresh-baked Cookies, Bars, Pies, Pastries, Custards, Puddings and a rotation of seasonal specialties.							
**All Allergen Items are marked on station signs with a Logo								