



# 2021-2022 Menu

WEEK 1 ALL-DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SOUPS</b>	Spinach and Red Lentil (GF)(VGN) Turkey Noodle (H)(DF)	Miso Broth With Tofu (GF)(VGN) Broccoli and Cheese (GF)(VEG)	Harvest Vegetable (GF)(VGN) Beef Vegetable Barley (DF)	Ginger, Carrot & Coconut (GF)(VGN) Smoky Mushroom (BACON ON SIDE) (GF)(VEG)	Hearty Minestrone (VGN) New England Clam Chowder (GF)	Moroccan Chickpea (GF)(VGN) Lemon Chicken Orzo (H)(DF)	Creamy Tomato (VEG) Hot and Sour with Tofu (GF)(VGN)
<b>MEAT PIZZA</b>		Chicken Alfredo (H)		Hawaiian - Ham & Pineapple		<u>Pizza – Dinner Only</u> Pepperoni Pizza	<u>Pizza – Dinner Only</u> Deluxe Pizza Pepperoni, Bacon, Peppers
<b>VEGETARIAN PIZZA</b>		Quattro Fromaggio Mozzarella, Parmesan, Cheddar, Feta (VEG)		Pineapple, Green olives and Banana Pepper rings (VEG)		Cheesy Garlic Pizza Mozzarella, Garlic, Oregano (VEG)	<u>Pizza – Dinner Only</u> Double Cheese Pizza Cheddar and Mozzarella (VEG)
<b>MEAT HOT SANDWICH</b>	Grilled Cheese, Tomato, Bacon		Chicken & Pesto Melt (H)		BBQ Chicken Enchilada (SALSA & SOUR CREAM ON SIDE)	<b>BREAKFAST FOR BRUNCH</b>	<b>BREAKFAST FOR BRUNCH</b>
<b>VEGETARIAN SANDWICH</b>	Grilled Cheese and Tomato (VEG)		Roasted Cauliflower Wrap (VGN)		Spicy Bean & Cheese Enchilada (SALSA & SOUR CREAM ON SIDE) (VEG)		
<b>COLD MEAT SANDWICH</b>	Roast Turkey and Cheddar Cheese on a Hoagie Bun	Roast Turkey and Cheddar Cheese on a Hoagie Bun	Roast Turkey and Cheddar Cheese on a Hoagie Bun	Roast Turkey and Cheddar Cheese on a Hoagie Bun	Roast Turkey and Cheddar Cheese on a Hoagie Bun		
<b>COLD VEGETARIAN SANDWICH</b>	Roasted Red Pepper Hummus & Vegetable Wrap (VGN)	Balsamic Roasted Vegetable Feta Cheese on a Ciabatta (VEG)	Green Goddess Sandwich on an Onion Bun (VEG)	Caprese (Bocconcini, Basil, Tomato) on a Kaiser (VEG)	Roasted Root Vegetable with Avocado and Arugula on a Baguette (VGN)		
<b>ROTATIONAL SANDWICH</b>	Classic Egg Salad on a Wrap (VEG)	Deluxe Ham and Provolone Cheese on a Ciabatta	Roast Beef with Swiss Cheese on an Onion Bun	Tuna Salad on a Kaiser (H)	Tuscan Grilled Chicken with Mozzarella on a Baguette (H)		
<b>ROTATIONAL COMPOSED SALAD</b>	Greek Pasta Salad (VEG)	Greek Pasta Salad (VEG)	Quinoa Black Bean and Corn Salad (GF)(VGN)	Quinoa Black Bean and Corn Salad (GF)(VGN)	Bean and Chickpea Salad (GF)(VGN)	Bean and Chickpea Salad (GF)(VGN)	Chef's Choice Salad (VEG)
<b>MEAT FEATURED SALAD</b>	<u>Southwest Beef Bowl</u> Smokey BBQ Beef Strips, Quinoa, Romaine Lettuce, Roasted Corn, Tomato, Cucumber, Avocado, Green Onions	<u>Mediterranean Chicken Bowl</u> Grilled Chicken, Lettuce Cucumbers, Tomato, Black Olives, Chickpeas, Marinated Artichokes	<u>Lime Salmon Bowl</u> Grilled Lime Salmon, Spring Mix, Baby Spinach, Coconut Rice, Tomato, Cucumber, Avocado, Edamame	<u>Grilled Teriyaki Steak Bowl</u> Grilled Teriyaki Steak, Napa Cabbage, Roasted Mushroom, Carrots, Snow Peas, Baby Corn, Water Chestnuts	<u>Chicken Tikka Salad Bowl</u> Tandoori Grilled Chicken Breast, Iceberg Lettuce Mini Potatoes, Tomato, Cucumber, Shredded Carrots, Mango Juliennes, Garnished with Roasted Red Onions and		
<b>VEGETARIAN FEATURED SALAD</b>	<u>Southwest Tofu Bowl</u> Seasoned Southwest Tofu Strips, Quinoa, Romaine Lettuce, Roasted Corn, Diced Tomato, Cucumber, Avocado, Green Onions	<u>Mediterranean Falafel Bowl</u> Falafel, Lettuce Cucumbers, Diced Tomato, Black Olives, Chickpeas, Marinated Artichokes	<u>Lime Tofu Bowl</u> Grilled Lime Tofu, Spring Mix, Baby Spinach, Coconut Rice, Tomato, Cucumber, Avocado, Edamame	<u>Grilled Teriyaki Bowl</u> Grilled Teriyaki Soy Chick'n, Napa Cabbage, Roasted Mushroom, Carrots, Snow Peas, Baby Corn, Water Chestnuts	<u>Tofu Tikka Salad Bowl</u> Tandoori Grilled Tofu, Iceberg Lettuce, Mini Potatoes, Tomato, Cucumber, Carrots, Mango Juliennes, Garnished with Roasted Red Onions and Cilantro		
<b>FEATURED SALAD SIDES</b>	<u>Creamy Chipotle Cilantro Dressing</u> Sides: Shredded Cheese, Tortilla Chips, Salsa	<u>Lemon Herb Dressing</u> Sides: Feta Cheese, Pita	<u>Pineapple Tajin Seasoning Dressing</u> Sides: Pickled Ginger, Chili Flakes, Nori	<u>Asian Sesame Dressing</u> Sides: Pickled Ginger	<u>Yogurt Mint Dressing</u> Sides: Naan Crisps		
<b>DESSERT</b>	Chocolate Fudge Brownie	Raspberry Pudding Cake	Banana Chip Cake	Country Apple Cake	Butter Tarts	Nanaimo Bar	Strawberry Shortcake



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WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>LUNCH</b>							
COMBO 1 - MEAT	Greek Style Grilled Chicken Breast (H)(GF)(DF)	Hot Italian Sausage (H)(GF)(DF)	Turkey Shepherd's Pie (H)(GF)(DF)	Beef Burger with Bun (H)(GF)(DF)	Cedar Spiced Atlantic Salmon on a bed of Wilted Greens (H)(GF)(DF)	<b>Brunch Entree</b> Ginger Pork (GF)(DF) Grilled Ginger Tofu (GF)(VGN) Stir-fried Noodles (GF)(VGN) Blanched Oriental vegetable Medley (GF)(VGN) Mushroom (2PCS)	<b>Brunch Entrée</b> Sweet & Sour Chicken Balls (H) Sweet and Sour Veggie Chicken Tenders (GF)(VGN) Jasmine Rice (GF)(VGN) Sautéed Asian Vegetables (VGN) Vegetable Eggroll (1PC) (VEG)
COMBO 1 – VEGETARIAN	Falafels (5PCS) (VGN)(GF)	Vegan Sausage (VGN)(GF)	Roasted vegetable Shepherd's Pie (GF)(VGN)	Malibu Burger with Bun (VGN)(GF)	Vegetable Moussaka (VEG)		
SIDES	Lemon Rice (VGN)(GF) Chunky Vegetable & Chickpea Briam (VGN)(GF) Greek Pita(1 pc) (VEG)	Warm Potato Salad (VGN) Onion Rings Roasted Brussels Sprouts (VGN)(GF) Sausage Buns (VEG)	Garlic Bread (VEG) Roasted Mushrooms (GF)(VGN) Sautéed Swiss Chard (GF)(VGN) Vegan Gravy (GF)(VGN)	Curly Fries (VGN)(GF) Vegan Gravy (GF)(VGN) Cheese Curds (ON ICE) Warm Roasted Corn and Pimento Salad (VGN)(GF)	Avocado Fries (3PC) (VGN)(GF) Glazed Carrots (VGN)(GF)		
PORTION TOPPINGS	Tzatziki Sauce (ON SIDE)	Toppings; Pickles and Banana Pepper Rings (ON SIDE)		Burger Toppings: Lettuce, Tomato, Onion, Pickles (ON ICE)			
<b>DINNER</b>							
COMBO 1 - MEAT	Korean Bulgogi Beef (H)(GF)(DF)	Karahi Chicken Curry (H)(GF)(DF)	Cajun Blackened Fish w/ Mango Salsa (H)	Thai Sweet Chili Pork Loin (GF)(DF)	Chicken Fajita (H)(GF)(DF)	Meatballs in Marinara (H)(GF)(DF)	Roasted Beef (H)(GF)(DF) Au Jus (H)(GF)(DF)
COMBO 1 – VEGETARIAN	Korean Spicy Bulgogi Tofu (GF)(VGN)	Red Lentil Dahl with Roasted Cauliflower (VGN)(GF)	Curried Jamaican Vegetable Stew (GF)(VGN)	Vegan Tofu and Mushroom Satay Curry (GF)(VGN)	Ground Soy, Bean Fajita with Bell Peppers (VGN)	Vegan Meatballs in Marinara (GF)(VGN)	Chickpea and Vegetable Osso Buco with Polenta (GF)(VGN)
SIDES	Vegetable Japchae (Glass Noodle Stir Fry) (VGN) Sautéed Bok Choy (GF)(VGN) Vegetable Dim Sum (3PCS) (VEG)	Basmati Rice (GF)(VGN) Fresh Broccoli & Carrots Coins (GF)(VGN) Garlic Naan (VEG)	Black-eyed Peas and Rice (GF)(VGN) Whole Roasted Okra (GF)(VGN) Fried Plantain (GF)(VGN) Vegetable Jamaican Patties (VGN)	Jasmine Rice (GF)(VGN) Tempura Vegetables (VEG) Sweet Chili Green Beans (GF)(VGN)	Warm Flour Tortillas (VEG) Mexican Rice with Corn (GF)(VGN) California Mix (GF)(VGN) Jalapeno Poppers (2PCS) (VEG)	Spaghetti (VGN) Sautéed Italian Vegetables (GF)(VGN) Toasted Garlic Rolls (GF)(VGN)	Roasted Mini Potatoes (VEG) Steamed Garlic Asparagus (GF)(VGN) Yorkshire Pudding (VEG)
PORTION TOPPINGS	Spicy Homemade Kim Chi (VEG)				Fajita Toppings: Shredded Lettuce, Tomato, Cheese, Salsa, Guacamole, Jalapeno (ON ICE)	Parmesan Cheese (ON SIDE)	Horseradish and Dijon Mustard