



WEEK 2 ALL-DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUPS	French Onion (GF)(VGN) Italian Wedding (H)(DF)	Tomato Basil (GF)(VGN) Chicken Mulligatawny (H)(GF)(DF)	Lentil Dahl (GF)(VGN) Beef Vegetable (H)(GF)(DF)	Mexican Bean (GF)(VGN) Curried Cauliflower (GF)(VGN)	Roasted Red Pepper Tomato (GF)(VGN) Turkey Noodle (H)(DF)	Vegetable Barley (VGN) Creamy Broccoli (GF)(VEG) Pizza – Dinner Only Pepperoni	Harvest Vegetable (GF)(VGN) Spicy Thai Chicken Coconut (H)(GF)(DF) Pizza – Dinner Only Canadian - Pepperoni, Bacon, Peppers
MEAT PIZZA		BBQ Chicken Strips, Red Onion (H)		Pepperoni Pizza			
VEGETARIAN PIZZA		Sweet and Spicy Pineapple, Jalapeno, Mushrooms (VEG)		Cuban Sofrito Pizza Peppers, Onion, Ground Soy (VEG)		Pizza – Dinner Only Cheesy Garlic Pizza Mozzarella, Garlic, Oregano (VEG)	Pizza – Dinner Only Double Cheese Pizza Cheddar and Mozzarella (VEG)
MEAT HOT SANDWICH	Grilled Pork Bahn Mi		Crispy Chicken with Smoked Cheddar and Ancho Chili Mayo		Philly Cheesesteak	BREAKFAST FOR BRUNCH	BREAKFAST FOR BRUNCH
VEGETARIAN HOT SANDWICH	Lemongrass Tofu Bahn Mi (VGN)		Grilled Veggie, Feta Cheese, and Quinoa (VEG)		Herbed Bruschetta (VGN)		
COLD MEAT SANDWICH	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		
COLD VEGETARIAN SANDWICH	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)		
ROTATIONAL SANDWICH	Classic Egg Salad on a Wrap	Deluxe Ham and Provolone Cheese on a Ciabatta	Roast Beef with Swiss Cheese on an Onion Bun	Tuna Salad on a Kaiser	Tuscan Grilled Chicken with Mozzarella on a Baguette		
ROTATIONAL COMPOSED SALAD	Tabbouleh with Red Quinoa (GF)(VGN)	Tabbouleh with Red Quinoa (GF)(VGN)	Wild Rice and Lentil Salad (GF)(VGN)	Wild Rice and Lentil Salad (GF)(VGN)	Edamame, Tomato, & Corn (GF)(VGN)	Edamame, Tomato, & Corn (GF)(VGN)	Chef's Choice Salad (VEG)
MEAT FEATURED SALAD	Harvest Chicken Bowl Chicken Breast, Quinoa, Sweet Potato, Roasted Vegetables, Carrots, Blistered Cherry Tomatoes, Cucumber	Tex Mex Beef Bowl Beef Strips, Romaine, Mexican Rice, Tomato, Cucumber, Red Onion, Chunky Avocados	Thai Salad Bowl Thai Coconut Shrimp, Rice Noodles, Arugula, Tomato, Cucumber, Bok Choy, Snow Peas, Carrot, Baby Corn, Edamame	Japanese Salmon Bowl Smoked Salmon, Sticky Rice, Napa Cabbage, Tomato, Cucumber, Carrot, Mango, Broccoli	Mezze Bowl Mediterranean Chicken Breast, Tomato, Cucumber, Mixed Greens, Lebanese Tabbouleh, Red, Onions, Olives		
VEGETARIAN FEATURED SALAD	Harvest Bean Bowl Marinated Mixed Beans, Quinoa, Sweet Potato, Roasted Vegetables, Carrots, Blistered Cherry Tomatoes, Cucumber	Tex Mex Bean Bowl Tex Mex Beans, Romaine, Mexican Rice, Tomato, Cucumber, Red Onion, Chunky Avocados	Thai Salad Bowl Thai Coconut Tofu, Rice Noodles, Arugula, Tomato, Cucumber, Pak Choi, Snow Peas, Carrot, Baby Corn, Edamame	Japanese Tempeh Bowl Miso Tempeh, Sticky Rice, Napa Cabbage, Tomato, Cucumber, Carrot, Mango, Broccoli	Mezze Bowl Green Lentils, Tomato, Cucumber, Mixed Greens, Lebanese Tabbouleh, Red, Onions, Olives		
FEATURED SALAD SIDES	Honey Lemon Dressing Sides: Assorted Seeds, Dried Cranberries	Creamy Chipotle Cilantro Dressing Sides: Cheddar Cheese, Sour Cream, Salsa	Wowbutter Satay Dressing Sides: Sesame Seeds	Asian Sesame Dressing Sides: Seaweed, Nori, Sesame Seeds	Lemon Herb Dressing Sides: Feta Cheese		
DESSERT	Chocolate Pudding Cake	Cobbler	Carrot Cake	Gingerbread Cake	Caramel Swirl Cake	Cream Pies	Variety of Squares and Bars



2021-2022 Menu

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LUNCH							
COMBO 1 - MEAT	Creamy Chicken/Spinach with Parmesan Sauce (H)(GF)	Beef Lasagna (H)	Indian Butter Chicken (H)(GF)	Provencal Baked Seafood Stew (H)(GF)	Southern Fried Chicken (H) Saucy Mushroom Tetrazzini (VEG)	<u>Brunch Entree</u> Chicken Cacciatore (H)(GF) (DF)	<u>Brunch Entree</u> Ginger Hoisin Beef (H)(DF) Ginger Hoisin Tofu (VGN) Sautéed Garlic Broccoli (GF)(VGN) Vegetable Eggrolls (VEG) Jasmine Rice (GF)(VGN)
COMBO 1 – VEGETARIAN	Creamy Cauliflower Chickpea with Parmesan Sauce (GF) (VEG) (VGN) – available w/o sauce	Vegetable Lasagna (VEG) Pasta (VGN)	Paneer and Bell Pepper Masala (GF)(VEG)	Grilled Tofu Ratatouille (VGN)	Tomato Pasta Bake with Soy Ground (VEG) Buffalo Cauliflower (VGN)	Vegetable Cacciatore (VGN)(GF) Seasonal Vegetables (GF)(VGN) Garlic Bread (VEG)	
SIDES	Onion Rice Pilaf (VGN) Cous Cous Stuffed Tomatoes (GF)(VGN) Garlic Sautéed Purple and Green Kale (VGN)(GF)	Marinara Sauce (GF)(VGN) Blanched Broccoli (GF)(VGN) Garlic Bread (VEG)	Lime Leaf Basmati Rice (GF)(VGN) Steamed Vegetables (GF)(VGN) Vegetable Samosa (1 PC) (VEG)	Herbed Cavatappi (VGN) Sautéed Rapini (GF)(VGN) Garlic <u>crostini</u>	Steamed Vegetables (GF)(VGN) Spanakopita (2 pc) (VEG)		
PORTION TOPPINGS		Parmesan Cheese (ON ICE, ON SIDE)	Cucumber Raita (ON ICE, ON SIDE)		Buffalo Sauce (ON SIDE)	Grainy Mustard (ON SIDE)	
DINNER							
COMBO 1 - MEAT	Asian BBQ Beef Brisket with Bean Sprout Garnish (H)(GF)(DF)	BBQ Pork Ribs (GF)(DF)	Deconstructed Beef Pot Pie (H)(DF)	House Roasted Turkey (H)(GF)(DF) Sage Infused Gravy (H)(GF)(DF)	Veal Parmesan	Ground Beef Taco (H)(GF)(DF)	Chili Lime Tilapia with Sautéed Corn (H)(GF)(DF)
COMBO 1 – VEGETARIAN	Thai Sweet Chili Tofu and Vegetable Stir-fry (GF)(VGN)	BBQ Tofu with Vegetables (GF)(VGN)	Deconstructed Garden Vegetable, Mushroom and Beans Pot Pie (VEG)	Harissa-Spiced White Bean Cassoulet (GF)(VGN)	Eggplant Parmesan (VEG)	Mexicana Beans and Soy Taco (VGN)	Chili Lime Beyond Meat Strips with Sautéed Corn (GF)(VGN)
SIDES	Vegetable Pad Thai (GF)(VGN) Garlic Sautéed Asian Broccoli (GF)(VGN) Vegetable Spring Rolls (2PC) (VGN)	Sauteed Cheddar Perogies with Green Onion (VEG) Steamed Vegetables New England (GF)(VGN) Creamy Coleslaw (VEG) (GF)	Puff Pastry Squares (VGN) Steamed Rice (GF)(VGN) Onion Rings (VGN) Sautéed Asparagus (GF)(VGN)	Garlic and Parsley Potato Mash (GF)(VGN) Italian Vegetable Medley (GF)(VGN) Cheesy Flatbread (VEG)	Buttered Egg Noodles (VEG) Sautéed Yellow and Green Zucchini with Tomatoes (GF)(VGN) Garlic Toast (VEG)	Corn & Flour Taco Shells (GF)(VGN) Lime and Cilantro Rice (GF)(VGN) Sautéed Corn, Jalapeno, and Peppers (GF)(VGN)	Brown Vegetable Fried Rice (GF)(VGN) Green Beans and Baby Carrots (GF)(VGN) Jalapeno Bottle Caps (VEG)
PORTION TOPPINGS		Sour Cream (ON ICE, ON SIDE)		Cranberry Sauce (ON ICE, ON SIDE)		Toppings: Shredded Lettuce, Salsa, Sour Cream, Jalapeno, Cheese, Tomatoes	