



WEEK 4 ALL-DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SOUPS</b>	Moroccan Brown Lentil (GF)(VGN) Cream of Roasted Squash (GF)(VGN)	Braised Leek & Potato (GF)(VGN) Hearty Minestrone (GF)(VGN)	Black eye peas and Kale (GF)(VGN) Sicilian Chicken (H)	Garden Vegetable (GF)(VGN) Beef Miso Udon Noodle (H)	Seafood Chowder (H)(GF)(DF) Chickpea Vegetable Mulligatawny (GF)(VGN)	Turkey Barley (H)(GF)(DF) Cream of Asparagus Soup (GF)(VGN)	Chicken and rice (H)(GF)(DF) Bok choy Mushroom Barley (GF)(VGN)
<b>MEAT PIZZA</b>		BBQ Chicken Strips, Red Onion (H)		Pepperoni Pizza		<b>Pizza – Dinner Only</b> Pepperoni	<b>Pizza – Dinner Only</b> Canadian - Pepperoni, Bacon, Peppers
<b>VEGETARIAN PIZZA</b>		Sweet and Spicy Pineapple, Jalapeno, Mushrooms (VEG)		Cuban Sofrito Pizza Peppers, Onion, Ground Soy (VEG)		<b>Pizza – Dinner Only</b> Cheesy Garlic Pizza Mozzarella, Garlic, Oregano (VEG)	<b>Pizza – Dinner Only</b> Double Cheese Pizza Cheddar and Mozzarella (VEG)
<b>MEAT HOT SANDWICH</b>	Grilled Pork Bahn Mi		Crispy Chicken with Smoked Cheddar and Ancho Chili Mayo		Philly Cheesesteak	<b>BREAKFAST FOR BRUNCH</b>	<b>BREAKFAST FOR BRUNCH</b>
<b>VEGETARIAN HOT SANDWICH</b>	Lemongrass Tofu Bahn Mi (VGN)		Grilled Veggie, Feta Cheese, and Quinoa (VEG)		Herbed Bruschetta (VGN)		
<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	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		
<b>ROTATIONAL COMPOSED SALAD</b>	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)
<b>MEAT FEATURED SALAD</b>	<b>Harvest Chicken Bowl</b> Chicken Breast, Quinoa, Sweet Potato, Roasted Vegetables, Carrots, Blistered Cherry Tomatoes, Cucumber	<b>Tex Mex Beef Bowl</b> Beef Strips, Romaine, Mexican Rice, Tomato, Cucumber, Red Onion, Chunky Avocados	<b>Thai Salad Bowl</b> Thai Coconut Shrimp, Rice Noodles, Arugula, Tomato, Cucumber, Bok Choy, Snow Peas, Carrot, Baby Corn, Edamame	<b>Japanese Salmon Bowl</b> Smoked Salmon, Sticky Rice, Napa Cabbage, Tomato, Cucumber, Carrot, Mango, Broccoli	<b>Mezze Bowl</b> Mediterranean Chicken Breast, Tomato, Cucumber, Mixed Greens, Lebanese Tabbouleh, Red, Onions, Olives		
<b>VEGETARIAN FEATURED SALAD</b>	<b>Harvest Bean Bowl</b> Marinated Mixed Beans, Quinoa, Sweet Potato, Roasted Vegetables, Carrots, Blistered Cherry Tomatoes, Cucumber	<b>Tex Mex Bean Bowl</b> Tex Mex Beans, Romaine, Mexican Rice, Tomato, Cucumber, Red Onion, Chunky Avocados	<b>Thai Salad Bowl</b> Thai Coconut Tofu, Rice Noodles, Arugula, Tomato, Cucumber, Pak Choi, Snow Peas, Carrot, Baby Corn, Edamame	<b>Japanese Tempeh Bowl</b> Miso Tempeh, Sticky Rice, Napa Cabbage, Tomato, Cucumber, Carrot, Mango, Broccoli	<b>Mezze Bowl</b> Green Lentils, Tomato, Cucumber, Mixed Greens, Lebanese Tabbouleh, Red, Onions, Olives		
<b>FEATURED SALAD SIDES</b>	<b>Honey Lemon Dressing</b> <b>Sides:</b> Assorted Seeds, Dried Cranberries	<b>Creamy Chipotle Cilantro Dressing</b> <b>Sides:</b> Cheddar Cheese, Sour Cream, Salsa	<b>Wow butter Satay Dressing</b> <b>Sides:</b> Sesame Seeds	<b>Asian Sesame Dressing</b> <b>Sides:</b> Seaweed, Nori, Sesame Seeds	<b>Lemon Herb Dressing</b> <b>Sides:</b> Feta Cheese		
<b>DESSERT</b>	Chocolate Pudding Cake	Cobbler	Carrot Cake	Gingerbread Cake	Caramel Swirl Cake	Cream Pies	Variety of Squares and Bars



# 2021-2022 Menu

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>LUNCH</b>							
COMBO 1 - MEAT	Debrezini Sausage (DF)	Fish Stick Tacos (H)(GF)(DF)	Open face Southern Turkey Breast on multigrain & White Gravy (H)	Teriyaki Beef Strip With Bean Sprouts (GF)(DF)	Chicken Alfredo (H)(GF) Fettuccini Pasta	German Marinated Chicken (H)(GF)(DF)	Lemongrass Beef (H)(GF)(DF)
COMBO 1 – VEGETARIAN	Vegan Wieners (VGN)	Spicy Black Bean and Corn Tacos (GF)(VGN)	Stuff Goat cheese Roasted Thyme portabella Mushroom (VEG) On Herbed Polenta Cakes (GF)(VGN)	Teriyaki Tofu Strips with Bean Sprouts (VGN)	Veggie Ground Round Bolognese (VGN) Gluten Free Spaghetti (VGN)/ (GF)(VGN)	Beyond Meat Sausage (VGN)	Ginger lemongrass tofu Vietnamese (GF)(VGN)
SIDES	Vegetable Chilli (GF)(VGN)  French Fries (GF)(VGN)  Romanesco Vegetables (GF)(VGN)  Sausage Buns	Peppers and Onions (GF)(VGN) Sautéed Red cabbage with Kale Crunch (GF)(VGN) Soft Taco shells (VGN) Tri Colour Nachos With Mexicana Cheese Sauce (VEG)	Roasted Sweet potato (GF)(VGN) Garden mix vegetable Cranberry Sauce	Stir fried Rice Noddles (GF)(VGN) Vegetable Spring Rolls (VEG)  Asian Vegetable Stirfry (VGN)(GF)	Garlic Bread (VEG)  Romanesco Vegetables (GF)(VGN)	Warm Mixed Bean Salad (GF)(VGN)  Warm German Potato Salad (GF)(VGN) Caramelized Onions (GF)(VGN)  Breaded Pickles	Jasmine Rice (GF)(VGN) Garlic Broccoli (GF)(VGN)  Mushroom Pot stickers (VEG)
	Pickles and Banana Pepper Rings	Toppings: Shredded Lettuce, Salsa, Sour Cream, Jalapeno, Cheese, Tomatoes					Garnish Carrots, Cilantro, Bean Sprouts
<b>DINNER</b>							
COMBO 1 - MEAT	Adobo Chicken Thigh (H)(GF)(DF)	Moroccan Lamb Tagine (H)(GF)(DF)	Southwest Braised Short Ribs (H)(GF)(DF)	<u>Pub Night</u> BBQ Chicken Drum (2) (H)(GF)(DF)	Beef Goulash vegetable Stew (H)(GF)(DF)	Slow Cooked Texas Pulled Pork (GF)(DF) On Ciabatta	Portuguese Baked White Fish (H)(GF)(DF)
COMBO 1 – VEGETARIAN	Adobo Tofu and Mushrooms (GF)(VGN)	Moroccan Tofu and Vegetable Stew (GF)	Beyond Veggie Burgers (GF)(VGN) with Buns	Vegan Nuggets (VGN)	Southwestern Vegetable stew (GF)(VGN)	Southwest Quinoa stuffed Peppers (GF)(VGN)	Lemon Herb Marinated Tofu Steaks Mushroom Gravy (VGN)
SIDES	Vegetable Spring Rolls (VEG) Jasmine Rice (GF)(VGN) Garlic Bok Choy and Napa Cabbage (GF)(VGN)	Roasted Heirloom Carrots And Baby Kale (GF)(VGN) Saffron Rice (VGN) Spanakopita (VEG)	Herb Garlic Mash Potato (GF)(VGN) Green Beans (GF)(VGN) Vegetable Egg Rolls (VEG)	Seasonal Vegetable (GF)(VGN) Stuff Potato Skins(VGN) Roasted Crispy Mushrooms (GF)(VGN)	Egg Noodles (GF)(VGN)  Sweet Potato Root Fries (GF)(VGN) Sauteed Collard Greens and Sweet Peppers (GF)(VGN)	Mushroom Gravy (VGN) French Fries (GF)(VGN) Cheese Curds Sautéed Corn, Jalapeno, and Peppers (GF)(VGN)	Brown Vegetable Fried Rice (GF)(VGN) Green Beans medley and Baby Carrots (GF)(VGN) Jalapeno Bottle Caps (VEG)
PORTION TOPPINGS				Chopped Bacon Sour Cream			