



2022 Winter Menu

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
LUNCH AND DINNER COMMON MENU INCLUDE SOUPS, FOOD BAR ITEMS, COMPOSED SALADS AND FEATURE SALAD BOWLS								
SOUPS	Mexican Bean (GF)(VGN) Tom Yum Chicken (H)(GF)(DF)	Lentil Dahl (GF)(VGN) Italian Wedding (H)(DF)	Broccoli & Cheese (GF)(VEG) Lemon Chicken Orzo (H)(DF)	Miso – Mushroom (GF)(VGN) Chicken Mulligatawny (H)(GF)(DF)	Curried Cauliflower (GF)(VGN) Seafood Creole (H)(GF)(DF)	Vegetable Barley (VGN) Chicken Noodle (H)(DF)	Spinach & Red Lentil (GF)(VGN) Chicken & Bean (H)(GF)(DF)	
FOOD BAR	Hot Sandwich Bar	Pizza Bar	Hot Sandwich Bar	Pizza Bar	Hot Sandwich Bar	<u>Pizza Bar – Dinner Only</u>	<u>Pizza Bar – Dinner Only</u>	
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	<u>Harvest Chicken Bowl</u> (H)(GF)(DF)	<u>Tex Mex Beef Bowl</u> (H)(GF)(DF)	<u>Thai Salad Bowl</u> (H)(GF)(DF)	<u>Japanese Salmon Bowl</u> (H)(GF)(DF)	<u>Mezze Bowl</u> (H)(GF)(DF)			
VEGETARIAN FEATURED SALAD	<u>Harvest Bean Bowl</u> (GF)(VGN)	<u>Tex Mex Bean Bowl</u> (GF)(VGN)	<u>Thai Salad Bowl</u> (GF)(VGN)	<u>Japanese Tempeh Bowl</u> (GF)(VGN)	<u>Mezze Bowl</u> (GF)(VGN)			
DESSERT	Chocolate Pudding Cake	Cobbler	Carrot Cake	Gingerbread Cake	Caramel Swirl Cake	Cream Pies	Variety of Squares and Bars	
LUNCH						BREAKFAST FOR BRUNCH	BREAKFAST FOR BRUNCH	
COMBO 1 - MEAT	Crockpot BBQ Chicken Breast (H)(GF)(DF)	Chili Lime Tilapia with Sautéed Corn (H)(GF)(DF)	Indian Butter Chicken (H)(GF)	Beef Lasagna (H)	Jerk Chicken (H)(GF)(DF)	<u>Combo 1</u>	<u>Combo 1</u>	
COMBO 1 – VEGETARIAN	Vegan Cabbage Roll Casserole (GF)(VGN)	Chili Lime Vegan protein strips with Sautéed Corn (GF)(VGN)	Paneer and Bell Pepper Masala (GF)(VEG)	Vegetable Lasagna (VEG) Pasta (VGN)	Jamaican Vegetable and Chickpea Curry (GF)(VGN)	Meatballs in Marinara (H)(DF) Vegan Meatballs in Marinara (VGN) Spaghetti (VGN) Sautéed Broad Bean Italian Blend (GF)(VGN) Toasted Garlic Roll (GF)(VGN)	Ginger Lemongrass Chicken (H)(GF)(DF) Ginger lemongrass Tofu (GF)(VGN) Jasmine Rice (GF)(VGN) Stir Fried Broccoli and Red Cabbage (GF)(VGN) Mushroom Pot stickers-2 pcs (VEG)	
SIDES	Roasted Red Skin Potatoes (GF)(VGN) Breaded Pickle Spears (VEG) Sautéed Green and yellow Beans with Cherry Tomatoes (GF)(VGN)	Brown Vegetable Pilaf (GF)(VGN) Roasted Root Vegetable and Broccoli (GF)(VGN) Crispy Jalapeno (VEG)	Lime Leaf Basmati Rice (GF)(VGN) Curry Spiced Cauliflower and Sweet Potato (GF)(VGN) Vegetable Samosa (1 PC) (VEG)	Marinara Sauce (GF)(VGN) Roasted Heirloom Carrot and Blanched Broccoli Medley (GF)(VGN) Garlic Bread (VEG)	Rice and Peas (GF)(VGN) Whole Roasted Okra, Red Pepper and Fried Plantain (GF)(VGN) Vegetable Jamaican Patties (VGN)		<u>Combo 2</u> Breakfast Options	<u>Combo 2</u> Breakfast Options
PORTION TOPPINGS			Cucumber Raita (ON ICE, ON SIDE)	Parmesan Cheese (ON ICE, ON SIDE)		Parmesan Cheese (ON SIDE)	Garnish Carrots, Cilantro, Bean Sprouts	

VEGAN AND GLUTEN FREE OPTIONS ARE PROVIDED



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DINNER							
COMBO 1 - MEAT	Korean Bulgogi Beef (H)(GF)(DF)	Chicken Alfredo (H)(GF)	BBQ Pork Ribs (GF)(DF)	Chicken Fingers (H)	Shrimp Fajita (H)(GF)(DF)	Herbed Rotisserie Chicken (H)(GF)(DF) Chalet Gravy (GF)(H)	Thai Sweet Chili Pork Loin (GF)(DF)
COMBO 1 – VEGETARIAN	Korean Spicy BBQ Tofu Steak and Broccoli (GF)(VGN)	Vegan Bolognese (VGN)	BBQ Tofu Steaks (GF)(VGN)	Vegetarian Chicken Fingers (VGN)	Kidney Bean and Garbanzo Bean Fajita (GF)(VGN)	Spicy Potato, Spinach and Paneer Curry (VEG) (GF)	Vegan Tofu and Mushroom Satay (GF)(VGN)
SIDES	Vegetable Japchae (Glass Noodle Stir Fry) (VGN) Sautéed Bok Choy and Asian vegetable (GF)(VGN) Vegetable Dim Sum (3PCS) (VEG)	Fettuccini Pasta/GF Option (VGN) Garlic Bread (VEG) Romanesco Vegetables (GF)(VGN)	Steak Cut Fries (VEG) Honey Glazed Green top Carrots and Sugar snap peas (GF)(VGN) Creamy Coleslaw (VEG) (GF)	Chunky Bruschetta and Roast Vegetables (GF)(VGN) Herbed Smash Potatoes (GF)(VGN) Cheese & Garlic Baguette Toast (VEG)	Warm Flour Tortillas (VEG) Mexican Rice (GF)(VGN) California Roast Vegetable Mix (GF)(VGN) Jalapeno Poppers (VEG)	Wild Rice Pilaf (GF)(VGN) Roasted Button Mushroom, Bell Peppers and Cauliflower (GF)(VGN) Mini Vegetable Samosa (3PCS) (VGN)	Jasmine Rice (GF)(VGN) Tempura Vegetables (VEG) Honey Garlic String Beans (GF)(VGN)
PORTION TOPPINGS	Spicy Homemade Kim Chi (VEG)				Toppings: Shredded Lettuce, Cheese, Salsa, Guacamole, Sour Cream (ON ICE)		

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