



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
LUNCH AND DINNER COMMON MENU INCLUDE SOUPS, BEVERAGES, FOOD BAR ITEMS (PIZZA/PANINI), SALAD BAR, WHOLE FRUIT AND DESSERTS								
SOUPS	Split Pea and roasted pepper Roasted Corn Chowder 	Quinoa Vegetable with Kale Chicken Noodle 	Cream of Mushroom Hearty Beef vegetable 	Moroccan Brown Lentil Tom Yum Chicken 	Cream Of Roasted Squash Boston Clam & Vegetable Chowder 	Moroccan Chickpea Beef orzo Vegetable 	Hot and Sour with Tofu Spice Thai Chicken 	
LUNCH						BREAKFAST FOR BRUNCH	BREAKFAST FOR BRUNCH	
ENTRÉE	Creamy Chicken/Spinach with Parmesan Sauce 	Honey Garlic Sausage/Bun 	Southern Fried Chicken 	Ginger Szechuan Beef 	Tempura Battered Fish 	Miso-Ginger Noodle Bowls Ginger Chicken 	Pasta bowl station Beef Tips with Marinara 	
VEGETARIAN ENTRÉE	Creamy Cauliflower and Chickpea with Parmesan Sauce 	Plant Based Beyond Sausage/Bun 	Fusilli Pasta, Plant protein & Vegetable Bake Buffalo Cauliflower 	Ginger Szechuan tofu 	Spicy Tempura Battered Tofu 	Ginger Tofu Jasmin Rice 	Edamame Primavera Marinara Cavatappi Pasta 	
SIDES	Onion Rice Pilaf Couscous Stuffed Tomatoes Garlic Sautéed Purple and Green Kale 	Vegetarian Chili French Fries Sauté Yellow and Tomato Vegetables 	Red skin Potato Wedges Corn on the Cob Kale Slaw-Portioned 	Jasmine Rice Garlic Gai Lan and Ba Mushroom Pot stickers 	French Fries Steamed Broccoli, Carrots, Cauliflower and Green Peas Coleslaw 		Asian Vegetable Medley 	Garlic Bread Italian Blend
DINNER								
ENTRÉE	Herb Crusted Roast Beef Mushroom Au Jus 	Broccoli & Chicken Alfredo 	Grilled Salmon w Maple citrus Glaze on Greens 	Dry Rub Chicken Wings 	Veal parmigiana 	Char Sui Pork Loin 	Rotisserie Chicken/Chalet Sauce 	
VEGETARIAN ENTRÉE	Chickpea and Vegetable Multigrain Quinoa	Butternut Squash Ravioli Pesto Tomato sauce Side 	Tandoori paneer and Vegetable curry 	Beyond Burger and Buns 	Eggplant Parmigiana 	Grilled Tofu Steaks in Hot Szechwan Sauce 	Curried Chickpeas and Root vegetable stew 	
SIDES	Roasted Mini Potato Roasted Brussel Sprouts, Cauliflower and Butternut Squash Yorkshire Pudding Horseradish And Dijon 	Herb Linguine Pasta Sautéed Button Mushrooms, Bell Peppers and Red onions Cheese Garlic Bread 	Cumin Basmati Rice Roasted Root Vegetable and Broccoli Vegetable Samosa (1 PC) 	Garlic Sautéed Yellow and Green Zucchini and Tomatoes Mac and Cheese Potato skins 	Herb Egg Noodle Marinara sauce Gluten Free Pasta 		Chow Mein Noodles with Bean Sprouts Sautéed Asian Vegetables Vegetable Spring Rolls 	Onion Rice Pilaf Sautéed Broccoli and Red Cabbage Zucchini Sticks

VEGAN AND GLUTEN FREE OPTIONS ARE PROVIDED