



2020-2021 Menu

WEEK 1 ALL-DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUPS	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 (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)
MEAT PIZZA OR HOT SANDWICH	Hot Sandwich Grilled Cheese, Tomato, Bacon	Pizza Pepperoni Pizza	Hot Sandwich Chicken & Pesto Melt (H)	Pizza Hawaiian - Ham & Pineapple	Hot Sandwich Peameal Bacon with Cheddar Cheese	Pizza – Dinner Only Pepperoni Pizza	Pizza – Dinner Only Deluxe Pizza Pepperoni, Bacon, Peppers
VEGETARIAN PIZZA/HOT SANDWICH	Hot Sandwich Grilled Cheese and Tomato (VEG)	Pizza Deluxe Vegetables - Zucchini, Mushroom, Pepper (VEG)	Hot Sandwich Roasted Cauliflower Wrap (VGN)	Pizza Greek Vegetables - Peppers, Feta Cheese, Black Olives (VEG)	Hot Sandwich Spicy Bean & Cheese Enchilada (Side – Salsa & Sour Cream) (VEG)	Pizza – Dinner Only Cheesy Garlic Pizza Mozzarella, Garlic, Oregano (VEG)	Pizza – Dinner Only Double Cheese Pizza Cheddar and Mozzarella (VEG)
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 VEGGIE 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 (H)	Tuscan Grilled Chicken with Mozzarella on a Baguette (H)		
MEAT FEATURED SALAD	Southwest Beef Bowl Smokey BBQ Beef Strips, Quinoa, Romaine Lettuce, Roasted Corn, Tomato, Cucumber, Avocado, Green Onions	Mediterranean Chicken Bowl Grilled Chicken, Lettuce Cucumbers, Tomato, Black Olives, Chickpeas, Marinated Artichokes	Lime Salmon Bowl Grilled Lime Salmon, Spring Mix, Baby Spinach, Coconut Rice, Tomato, Cucumber, Avocado, Edamame	Grilled Teriyaki Steak Bowl Grilled Teriyaki Steak, Napa Cabbage, Roasted Mushroom, Carrots, Snow Peas, Baby Corn, Water Chestnuts	Chicken Tikka Salad Bowl Tandoori Grilled Chicken Breast, Iceberg Lettuce, Mini Potatoes, Tomato, Cucumber, Shredded Carrots, Mango Juliennes, Garnished with Roasted Red Onions and Cilantro		
VEGETARIAN FEATURED SALAD	Southwest Tofu Bowl Seasoned Southwest Tofu Strips, Quinoa, Romaine Lettuce, Roasted Corn, Diced Tomato, Cucumber, Avocado, Green Onions	Mediterranean Falafel Bowl Falafel, Lettuce Cucumbers, Diced Tomato, Black Olives, Chickpeas, Marinated Artichokes	Lime Tofu Bowl Grilled Lime Tofu, Spring Mix, Baby Spinach, Coconut Rice, Tomato, Cucumber, Avocado, Edamame	Grilled Teriyaki Bowl Grilled Teriyaki Soy Chick'n, Napa Cabbage, Roasted Mushroom, Carrots, Snow Peas, Baby Corn, Water Chestnuts	Tofu Tikka Salad Bowl Tandoori Grilled Tofu, Iceberg Lettuce, Mini Potatoes, Tomato, Cucumber, Shredded Carrots, Mango Juliennes, Garnished with Roasted Red Onions and Cilantro		
FEATURED SALAD DRESSING AND SIDES	Creamy Chipotle Cilantro Dressing Sides: Shredded Cheese, Tortilla Chips, Salsa	Lemon Herb Dressing Sides: Feta Cheese, Pita	Pineapple Tajin Seasoning Dressing Sides: Pickled Ginger, Chili Flakes, Nori	Asian Sesame Dressing Sides: Pickled Ginger	Yogurt Mint Dressing Sides: Naan Crisps		
DESSERT	Chocolate Fudge Brownie	Raspberry Pudding Cake	Banana Chip Cake	Country Apple Cake	Butter Tarts	Nanaimo Bar	Strawberry Shortcake



LUNCH							
COMBO 1 - MEAT	Greek Style Grilled Chicken Breast (H)(GF)(DF)	Beef Burger with Bun (H)(GF)(DF)	Teriyaki Beef Strip With Bean Sprouts (GF)(DF)	Chicken Cacciatore (H)(GF)(DF)	Cedar Plank Salmon (H)(GF)(DF) Wild Rice Pilaf (8oz) (VGN)(GF)	Brunch Entree Ginger Pork (GF)(DF)	Brunch Entrée Sweet & Sour Chicken Balls (H)
COMBO 1 – VEGETARIAN	Falafels (5PCS) (VGN)(GF)	Malibu Burger with Bun (VGN)(GF)	Teriyaki Tofu Strips with Bean Sprouts (VGN)	Vegetable Cacciatore (VGN)(GF)	Vegetable Moussaka (VEG) Wild Rice Pilaf (4oz) (VGN)(GF)	Grilled Ginger Tofu (GF)(VGN) Stir-fried Noodles (GF)(VGN)	Sweet and Sour Veggie Chicken Tenders (GF)(VGN) Jasmine Rice (GF)(VGN)
SIDES	Lemon Rice (VGN)(GF) Chunky Vegetable & Chickpea Briam (VGN)(GF) Greek Pita (VEG)	Curly Fries (VGN)(GF) Vegan Gravy (GF)(VGN) Cheese Curds (ON ICE) Warm Roasted Corn and Pimento Salad (VGN)(GF)	Cauliflower Fried Rice (VGN)(GF) Vegetable Spring Rolls (VEG) Asian Vegetable Stirfry (VGN)(GF)	Tri Colour Fusilli Pasta (VGN) Roasted Brussels Sprouts (VGN)(GF) Garlic Bread Stick (VEG)	Avocado Fries (VGN)(GF) Honey Glazed Carrots (VEG)(GF)	Blanched Snow Peas (GF)(VGN)	Sautéed Asian Vegetables (VGN) Vegetable Eggroll (1PC) (VEG)
PORTION TOPPINGS	Tzatziki Sauce (ON SIDE)	Burger Toppings: Lettuce, Tomato, Onion, Pickles (ON ICE)		Parmesan Cheese (ON SIDE)			
DINNER							
COMBO 1 - MEAT	Korean Bulgogi Beef (H)(GF)(DF)	Karahi Chicken Curry (H)(GF)(DF)	Blackened Fish on a Bed of Sautéed Collard Greens (H)(GF)(DF)	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 BBQ Tofu Steak and Broccoli (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)	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