



# PLATE

## MON

**Breakfast** Italian Scramble with Prosciutto, Mozzarella & Pesto

**Lunch** Orange Balsamic Roasted Chicken with Thyme Red Potatoes and Rosemary Roasted Cauliflower  
Sun-Dried Tomato White Beans (vg) with White or Brown Rice

**Dinner** Pesto Salmon with Red Potatoes, Roasted Cauliflower, Olives, Herbs and Sun-Dried Tomatoes  
Ratatouille (vg) with Roasted Red Potatoes

## TUES

TACO  
TUESDAY

**Breakfast** Spanish Scramble with Corn Salsa, Cheddar & Black Beans

**Lunch & Dinner** Build Your Own Taco, Burrito, Bowl or Salad

**Choice of:** Beef, Pork, or Chicken (Halal), Black Beans, Pinto Beans, Smoked Tomato Rice, Cilantro Rice, Fajita Veggies,  
**Topping Bar:** Sour Cream, Aji Amarillo Cream, Pico de Gallo, Guacamole, Lettuce, Assorted Salsa, Cheese, Fajita Vegetables, Chipotle Cream

## WEDS

**Breakfast** Special Scramble with Bacon, Spinach, Mushrooms & Brie

**Lunch** Orange Balsamic Roasted Chicken with Thyme Red Potatoes and Rosemary-Roasted Cauliflower  
Sun-Dried Tomato White Beans (vg) with White or Brown Rice

**Dinner** Lomo Saltado with Peruvian Beef Stir-Fry with Rice and Fried Potatoes  
Empanadas (v) with Potato, Egg, Olive, and Aji Amarillo Sauce with Quinoa Salad

## THUR

**Breakfast** Mango Pancakes with Maple Syrup

**Lunch** Mojo Shrimp Bowl with Garlic Citrus Shrimp with Coconut Red Beans, Rice and Pineapple Salsa  
Jerk-Roasted Veggie Bowl (vg) with Beans, Rice and Pineapple Salsa

**Dinner** Lomo Saltado with Peruvian Beef Stir-Fry with Rice and Fried Potatoes  
Empanadas (v) with Potato, Egg, Olive, and Aji Amarillo Sauce with Quinoa Salad

## FRI

**Breakfast** Special Scramble with Sausage, Peppers, Potatoes, Onions & Cheddar

**Lunch** Mojo Shrimp Bowl with Garlic Citrus Shrimp with Coconut Red Beans, Rice and Pineapple Salsa  
Jerk-Roasted Veggie Bowl (vg) with Beans, Rice and Pineapple Salsa

# MARKET

**French Dip** Slow-Roasted Beef and Provolone on a French Baguette with Au Jus

# NOODLE

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**Lunch** **Make Your Own Pasta**

**Daily** **Choice of:**

**Pasta:** Penne, Whole Wheat or Gluten Free

**Protein:** Beef & Pork Meatballs, Pork Italian Sausage, Grilled Chicken, Seasonal

**Topping:** Vegetable, Basil Pesto, Marinara & Alfredo

## Pan Asian

**Lunch** **Green Curry** Pork and Veggies in a Green Coconut Curry with Rice and Cucumber Salad

**Chicken Pad Thai** Rice Noodles with Chicken and Egg in a Tamarind Sauce with Sprouts, Herbs, Lime and Peanuts

**Tofu Pad Thai (v)** Rice Noodles with Tofu and Egg in a Tamarind Sauce with Sprouts, Herbs, Lime and Peanuts

**Dinner** **Red Curry Shrimp** with Veggies in a Red Curry Sauce with Rice and Cucumber

**Chicken Pad Thai** Rice Noodles with Chicken and Egg in a Tamarind Sauce with Sprouts, Herbs, Lime and Peanuts

**Tofu Pad Thai (v)** Rice Noodles with Tofu and Egg in a Tamarind Sauce with Sprouts, Herbs, Lime and Peanuts

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# DUB STREET

**Mushroom** All-Beef Patty with Bacon, Cheddar, Parm Aioli, Sautéed Mushrooms, Lettuce, Tomato and Onion on a Toasted Bun

**Fry Special** Jo Jo's

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# SELECT

**Bowl** Rosemary Chicken (**Halal**) or Garlic Beef (**Halal**) with Falafel, Brown Rice, Chickpea Salad, Greek Salad, Spinach, Tomato and Green Beans

**Soup** Tomato Basil (**vg**) and Du Jour

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