



PLATE

MON

- Breakfast** **Green Eggs & Ham**
- Lunch** **Roasted Pork Loin** with Mango Chutney, Basmati Rice and Spiced Cauliflower
Kerala Veggie Curry (vg) with Basmati or Brown Rice
- Dinner** **Chicken Cacciatore (Halal)** with Herb Pasta and Broccolini
Eggplant Parmesan (v) with Herb Pasta and Broccolini

TUES

TACO TUESDAY

- Breakfast** **Spanish Scramble** with Chorizo, Pico de Gallo, Cheddar & Jack Cheeses
- 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** **French Toast** with Maple Syrup
- Lunch** **Roasted Pork Loin** with Mango Chutney, Basmati Rice and Spiced Cauliflower
Kerala Veggie Curry (vg) with Basmati or Brown Rice
- Dinner** **Grilled Flank Steak** with Sundried Tomato Relish, Creamy Polenta and Pesto Green Beans
Risotto (v) with Butternut Squash, Herbed Kale and Pesto Green Beans

THUR

- Breakfast** **Italian Scramble** with Salami, Onion and Mozzarella
- Lunch** **Beef Meatloaf** with Gravy, Yukon Mashers and Broccoli
Mushroom & Veggie Pot Pie (v)
- Dinner** **Grilled Flank Steak** with Sundried Tomato Relish, Creamy Polenta and Pesto Green Beans
Risotto (v) with Butternut Squash, Herbed Kale and Pesto Green Beans

FRI

- Breakfast** **Banana Pancakes** with Maple Syrup
- Lunch** **Beef Meatloaf** with Gravy, Yukon Mashers and Broccoli
Mushroom & Veggie Pot Pie (v)

MARKET

Pesto Hero Ham, Salami, Provolone, Pesto Mayo, Choice of Veggies

NOODLE

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 **Szechuan Beef (Halal)** Beef and Veggies in a Chili & Sesame sauce with Jasmine or Brown Rice

Pork Chow Mein Noodles and Veggies in a Soy Ginger Sauce

Veggie Chow Mein (vg) Noodles and Veggies stir-fried

Dinner **Sweet & Sour Chicken** with Rice

Pork Chow Mein Noodles and Veggies in a Soy Ginger Sauce

Veggie Chow Mein (vg) Noodles and Veggies stir-fried

DUB STREET

Roadhouse Crispy Chicken, Cheddar Cheese, BBQ, Onion Ring

Fry Special Sidewinders

SELECT

Pork Verde or Black Beans, Brown Rice, Quinoa Salad, Corn Salsa, Jicama Salad, Lime Slaw,
Chicken Tinga Arugula

Bowl

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