### BIG KITCHEN

#### BREAKFAST

**MON**  
**Chicken Fried Steak** with Biscuits and Gravy

**TUE**  
**Denver Scramble** with Ham, Peppers, Onions and Cheddar Cheese

**WED**  
**French Toast Special**

**THU**  
**Meat Lover’s Scramble** with Local Cage-Free Eggs

**FRI**  
**Congee** with Meat & Toppings Bar

#### LUNCH DAILY

**Make Your Own Pasta Bar**— Penne, Whole Wheat, and Gluten Free Pastas *(vg)*  
**Sauces:** Marinara *(vg)*, Alfredo *(v)*, Lentil Bolognese *(vg)*  
**Toppings/Add-Ons:** Pork Italian Sausage, Beef & Pork Meatballs, Grilled Chicken, Seasonal Veggies *(vg)*, Basil Pesto *(v)*

**MON**  
**PASTA SPECIAL:** **Beef Lasagna** *(Halal)* — Layered with Tomato Sauce and served with Breadstick

**TUE**  
**SANDWICH:** **Lamb & Beef Gyro** — Shredded Lettuce, Tomato, Red Onion and Tzatziki sauce on griddled Pita with Rosemary Fries  
**SANDWICH:** **Veggie Gyro** *(v)* — Cauliflower Pakoras with Cucumber and Tzatziki sauce on griddled Pita with Rosemary Fries

**WED**  
**SANDWICH:** **Grilled Turkey & Swiss** — on Toasted Nine-Grain Bread with Tomato Soup and Rosemary Fries  
**SANDWICH:** **Grilled Tofu & Chao Cheese** *(vg)* — Smoked Tofu and Vegan Cheese on a Telera Roll with Rosemary Fries

**THU**  
**SANDWICH:** **Classic Reuben** — Sliced Corned Beef, Swiss, Sauerkraut and 1000 Island on Rye Bread, served with House-Made Chips  
**SANDWICH:** **Chickpea of the Sea Sandwich** *(vg)* — Chickpea Salad with Chao Cheese in a Spinach Wrap with Rosemary Fries

**FRI**  
**PASTA SPECIAL:** **Beef Lasagna** *(Halal)* — Layered with Tomato Sauce and served with Breadstick

**FEATURE FRIDAY:** **Chef’s Special**
**DINNER**

**SUN**
Lemon and Thyme Roasted Chicken – Leg Quarters oven-roasted with Farro Mushroom Pilaf and Tarragon Turnips

Cauliflower Steaks (vg) – Pan-Seared with Lemon and Thyme, served with Farro Mushroom Pilaf and Tarragon Turnips

**MON**
Choice of: Chili Con Carne (Halal), Black Bean Vegan Chili (vg)
Choice of Protein: Smoked Chicken (Halal), Gardein Chicken (vg)
Topping Bar: Salsa, Onions, Sour Cream, Cheddar Cheese, Jalapenos, Olives, Tortilla Chips, Cilantro, Lime, Corn Nuts
Sides: Cornbread with Honey Butter

**TUE**
Chicken Enchilada – Hand-Rolled Corn Enchiladas Rojos stuffed with Shredded Chicken. Served with Spanish Rice and Beans.

Jackfruit Enchiladas (vg) – Hand-Rolled Corn Enchilada filled with Shredded Jackfruit. Served with Spanish Rice and Beans.

Topping Bar: Assorted Salsas, Tomatoes, Lettuce, Onions, Pico, Sour Cream, Cheddar Cheese, Olives, Pickled Jalapenos

**WED**
Baked Chicken Wings – 5 per plate served with Asian Slaw and Garlic Green Beans

Crispy Tofu Bites (v) – served with Asian Slaw and Garlic Green Beans

Sauces: Sweet Thai Chili or Miso Glaze

**THU**
Broiled Pesto Cod with Barley Tabbouleh and Oven-Roasted Asparagus

Chickpea & Lentil Pie (vg) – Savory blend of Chickpeas and Veggies folded into Mashed Potatoes and topped with Fluffy Phyllo Pastry

**FRI**
Make Your Own Pasta Bar— Penne, Whole Wheat, and Gluten Free Pastas (vg)

Sauces: Marinara (vg), Alfredo (v), Lentil Bolognese (vg)

Toppings/Add-Ons: Pork Italian Sausage, Beef & Pork Meatballs, Grilled Chicken, Seasonal Veggies (vg), Basil Pesto(v)

PASTA SPECIAL: Beef Lasagna (Halal) – Layered with Tomato Sauce and served with Breadstick

Chef’s Special

**DESSERT**

Pumpkin Pie with Whipped Topping
# TERO

## BOWL

<table>
<thead>
<tr>
<th>Item</th>
<th>Ingredients</th>
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<tbody>
<tr>
<td>Casablanca (v)</td>
<td>Quinoa, Baby Arugula, Fresh Tomatoes, Marinated Chickpea, Roasted Eggplant &amp; Carrots, Feta Cheese, Dukkah, Lemon Tahini Drizzle</td>
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<tr>
<td>Tofu Soba Noodle Bowl (v)</td>
<td>House Greens, Cilantro, Sesame Seeds, Almonds, Sesame Dressing</td>
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## FLATBREAD

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<thead>
<tr>
<th>Item</th>
<th>Ingredients</th>
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<tbody>
<tr>
<td>Garbanzopalooza (v)</td>
<td>Naan, Fresh Tomatoes, Marinated Chickpea, Roasted Eggplant &amp; Carrots, Feta Cheese, topped with Baby Arugula &amp; Lemon Tahini Drizzle</td>
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## DESSERT

<table>
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<tr>
<th>Item</th>
<th>Description</th>
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<tbody>
<tr>
<td>Avocado Chocolate Mousse</td>
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## GLOBAL

### MON & FRI

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<tr>
<th>Item</th>
<th>Description</th>
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<tbody>
<tr>
<td>Chicken Enchiladas</td>
<td>Choice of Black or Refried Beans, and Mexican or Cilantro-Brown Rice</td>
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<tr>
<td>Build Your Own</td>
<td>Choice of Protein: Chicken Fajita Strips, Gardein Chick’n Strips (vg)</td>
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<td>Wrap, Bowl, or Naked</td>
<td>Served with Rice and Beans</td>
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### TUE–THU

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<tr>
<th>Item</th>
<th>Description</th>
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<tbody>
<tr>
<td>Sweet &amp; Sour Pork</td>
<td>Tempura-Battered Pork, Pineapple, Bell peppers and Yellow Onion tossed in a Tangy Sweet &amp; Sour Sauce</td>
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<td>Served with Jasmine Rice &amp; Veggie Spring Roll</td>
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<tr>
<td>General Tso’s Chicken</td>
<td>Bell peppers, Onion and Celery tossed in a Spicy &amp; Savory Sauce</td>
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<td>Served with Jasmine Rice and Veggie Spring Roll</td>
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<tr>
<td>Cashew Veggie Stir Fry (vg)</td>
<td>Fresh Cashews with Bell Peppers, Onion, Carrots and Gailan</td>
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<tr>
<td></td>
<td>Served with Jasmine Rice and Veggie Spring Roll</td>
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