# BIG KITCHEN

## BREAKFAST

<table>
<thead>
<tr>
<th>Day</th>
<th>Menu</th>
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</thead>
<tbody>
<tr>
<td><strong>MON</strong></td>
<td>Chicken fried steak with biscuits and gravy</td>
</tr>
<tr>
<td><strong>TUE</strong></td>
<td>Special scramble</td>
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<tr>
<td><strong>WED</strong></td>
<td>Pancakes</td>
</tr>
<tr>
<td><strong>THU</strong></td>
<td>Special hash</td>
</tr>
<tr>
<td><strong>FRI</strong></td>
<td>Congee with meat and toppings bar</td>
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## LUNCH

<table>
<thead>
<tr>
<th>Day</th>
<th>Menu</th>
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<tbody>
<tr>
<td><strong>MON</strong></td>
<td>Pasta Bar—marinara sauce (vg), Alfredo sauce (v), chicken breast, Italian sausage, roasted mushrooms and breadstick</td>
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<tr>
<td></td>
<td>Penne Pasta Chicken and Mushroom</td>
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<td><strong>TUE</strong></td>
<td>Beef French Dip (h)—sliced roast beef on a backed French baguette with au jus, served with rosemary fries</td>
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<td></td>
<td>Italian Vegetable Ciabatta (v, vg available)—roasted squash, eggplant, provolone cheese, tomato and eggless mayo on a ciabatta roll, served with rosemary fries</td>
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<tr>
<td><strong>WED</strong></td>
<td>Salmon, Strawberry and Spinach Salad—spinach tossed with raspberry-red wine vinaigrette with grilled salmon, candied walnuts and fresh strawberry slices</td>
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<tr>
<td></td>
<td>Walnut, Strawberry and Spinach Salad (vg)—spinach tossed with raspberry-red wine vinaigrette with candied walnuts and fresh strawberry slices</td>
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<tr>
<td><strong>THU</strong></td>
<td>Beef Sloppy Joe (h)—ground beef cooked in a homemade barbecue sauce served on a bun, served with rosemary fries</td>
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<tr>
<td></td>
<td>Vegan Sloppy Joe (vg)—Gardein crumbles cooked in a homemade barbecue sauce served on a bun</td>
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<tr>
<td><strong>FRI</strong></td>
<td>Pasta Bar—marinara sauce (vg), Alfredo sauce (v), meatballs, Italian sausage, roasted cauliflower and breadstick</td>
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<tr>
<td></td>
<td>Spaghetti and Meatballs</td>
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## DINNER

<table>
<thead>
<tr>
<th>Day</th>
<th>Menu</th>
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<tbody>
<tr>
<td><strong>SUN</strong></td>
<td>Chicken Parmesan—breaded and fried chicken breast smothered with marinara sauce and melted Italian cheeses, served over pasta with cheesy garlic bread and steamed broccoli</td>
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<tr>
<td>Day</td>
<td>Meal</td>
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<tr>
<td><strong>MON</strong></td>
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<tr>
<td></td>
<td>Teriyaki Chicken (h)—tender chicken in a teriyaki sauce, served with steamed rice and sesame-garlic broccoli</td>
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<td>Teriyaki Tofu (vg)—baked tofu in a teriyaki sauce, served with steamed rice and sesame-garlic broccoli</td>
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<tr>
<td><strong>TUE</strong></td>
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<td></td>
<td>Taco Tuesday: Vegan Chorizo Tacos (vg)—vegan chorizo tacos, flour tortillas, pico slaw, rice and beans</td>
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<td><strong>WED</strong></td>
<td>BBQ Dinner— choice of pork BBQ ribs, honey BBQ chicken, grilled sausage or Field Roast sausage (vg), served with corn cobbette, coleslaw and a dinner roll</td>
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<tr>
<td><strong>THU</strong></td>
<td>Yankee Pot Roast Dinner—slow oven-roasted beef in a flavorful beef broth, mashed potatoes and seasonable vegetables</td>
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<td>Fettucine Primavera (vg)—fettucine tossed with olives and tomatoes, mushrooms and onions</td>
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<tr>
<td><strong>FRI</strong></td>
<td>Pasta Bar—marinara sauce (vg), Alfredo sauce (v), meatballs, Italian sausage, peas and a breadstick</td>
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**DESSERT**

- Triple Threat Chocolate Cake

**TERO BOWL**

- **Yum Yum** Short grain brown rice, shredded purple and napa cabbage, fresh tomatoes, roasted mushrooms, Chinese broccoli, sugar snap peas, fresh cilantro, furikake sprinkle, toasted sesame-ginger

- **Kale and Cannellini Bowl** Brown rice, house greens, kale cannellini salad, pickled red onion, Parmesan shavings, hard-boiled egg, nigella seeds

**FLATBREAD**
**GLOBAL**

**MON & FRI**

<table>
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<th>Description</th>
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<tbody>
<tr>
<td>Chicken &amp; Cheese Flautas</td>
<td>Served with choice of black or refried beans and Mexican rice or cilantro-lime brown rice</td>
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<tr>
<td>Build Your Own</td>
<td>Beef barbacoa, black beans or refried beans, Mexican rice, tortilla wrap or tostada bowl (available without a vessel upon request)</td>
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<tr>
<td></td>
<td>Vegan options available: chorizo Field Roast, black beans, Mexican rice, fajita vegetables (brown cilantro-lime rice available upon request)</td>
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**TUE–THU**

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<tr>
<td>Broccoli Beef (h)</td>
<td>Beef, broccoli, onion and red bell peppers in a light stir fry sauce, served with lo mein noodles and a vegetable spring roll</td>
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<tr>
<td>Kung Pao Chicken</td>
<td>Crispy chicken with red bell peppers, zucchini, celery, baby carrots and water chestnuts, served with lo mein noodles and a vegetable spring roll</td>
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<tr>
<td>Garlic Broccoli (v)</td>
<td>Garlic, broccoli, onions and peppers in a stir fry sauce, served with lo mein noodles and a vegetable spring roll</td>
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