



SPECIALS | September 28 – October 2

Menu subject to change

PLATE

MON

- Breakfast** **Ham, Cheddar and Green Onion Scramble**
- Lunch** **Tomato Olive Cod** Roasted Cod with Tomato Olive Tapenade, Broccolini and White Beans
- Mushroom and Vegetable Pot Pie (v)**
- Rosemary Tomato White Bean Stew (vg)** with White or Brown Rice
- Dinner**
- Beef Meatloaf** with Mushroom Gravy, Yukon Mashed Potatoes and Broccolini
- Baked Macaroni and Cheese (v)** with Steamed Cauliflower and Broccolini

TUES

- Breakfast** **Italian Sausage, Roasted Red Pepper, Pesto and Mozzarella Scramble**
- Lunch & Dinner** **Build Your Own Latin Bowl**
- Base Includes:** Cilantro Rice, Black Beans and choice of toppings
- Option to add:** Beef Barbacoa, Chicken Tinga, or Vegan “Meat”
- Toppings:** Pico de Gallo, Tomatillo Salsa, Corn Salsa & Sour Cream

WEDS

- Breakfast** **Chorizo, Pico de Gallo and Cheese Scramble**
- Lunch** **Tomato Olive Cod** Roasted Cod with Tomato Olive Tapenade, Broccolini and White Beans
- Mushroom and Vegetable Pot Pie (v)**
- Rosemary Tomato White Bean Stew (vg)** with White or Brown Rice
- Dinner** **Schweinebraten** German Roasted Pork Loin with Mustard Cream Sauce, Herb Pasta and Braised Red Cabbage
- Wild Mushroom Goulash (v)** Mushroom Stew over Herb-roasted Potatoes with Braised Red Cabbage

THUR

- Breakfast** **Black Bean, Corn, Peppers and Pepper Jack Cheese Scramble (v)**
- Lunch** **Pork Vindaloo** Pork and Vegetables in an Indian Spice Sauce with Basmati or Brown Rice and House-made Chutneys
- Aloo Gobi (vg)** Cauliflower & Potato Curry with Basmati or Brown rice and House Made-Chutneys
- Dinner** **Schweinebraten** German Roasted Pork Loin with Mustard Cream Sauce, Herb Pasta and Braised Red Cabbage
- Wild Mushroom Goulash (v)** Mushroom Stew over Herb-roasted Potatoes with Braised Red Cabbage

FRI

- Breakfast** **Bacon, Mushroom and Swiss Cheese Scramble**

Lunch **Pork Vindaloo** Pork and Vegetables in an Indian Spice Sauce with Basmati or Brown Rice and House-made Chutneys

Aloo Gobi (vg) Cauliflower & Potato Curry with Basmati or Brown rice and House-made Chutneys

DELI SANDWICH

The Rachel Turkey, Swiss, 1000 Island Dressing and Coleslaw on 9-Grain Bread

NOODLE

Lunch **Szechuan Beef & Veggie Stir-Fry** with Jasmine or Brown Rice and Sesame Slaw

Pork Chow Mein Noodles with Veggies in a Soy Ginger Sauce

Veggie Chow Mein (vg) Noodles Stir-fried with Vegetables in a Soy Ginger Sauce

Dinner **Sweet & Sour Chicken** Crispy Chicken in a House-made Tomato Vinegar Sauce with Pineapple, Peppers and Onions over a choice of Jasmine or Brown Rice

Pork Chow Mein Noodles with Veggies in a Soy Ginger Sauce

Veggie Chow Mein (vg) Noodles Stir-fried with Vegetables in a Soy Ginger Sauce

DUB STREET

Chicken Parm Crispy Chicken topped with Marinara, melted Provolone Cheese and Parmesan Aioli on a Telera Roll.

Fry Special Sidewinders