

Week 4 Dinner Menu

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	<p>General Tso's</p> <p>Tempura Chicken Baby Corn Broccoli Shredded Carrots Brown Rice Scallion</p> <p>General Tso's Sauce Soy Sauce Tempura Cauliflower</p>	<p>Taco Tuesday- "Barbacoa or Carnitas Torta"</p> <p>Carnitas, Barbacoa Tex-Mex Vegan CHICKN Pickled Onion Diced Tomatoes Jalapenos</p> <p>Shredded Cabbage, Shredded Lettuce Sour Cream, Salsa, Shredded Cheese Torta Rolls Guacamole</p>	<p>Chicken Bowl</p> <p>Popcorn Chicken Shredded Cheese Corn Sautéed Mushrooms Mashed Potatoes Cheese Sauce BBQ sauce Chicken gravy</p>	<p>mmm Meatball @ Bravo</p> <p>Parsley Turkey Meatballs Penne Pasta Pub Rolls Marinara Sauce Asiago Cheese Parmesan Cheese</p>	<p>Macro Bowl</p> <p>Pulled Pork w/Chimichurri Curry Marinated Roasted Tofu Lemon Garlic Chicken Thighs Pesto Rice with Lentils Quinoa with Kale and Almonds Rstd Sweet Pot. And Chickpeas Rstd Broc/Butternut/Caramelized Onions and Peppers Sauces Toppings</p>								
	<p>Roasted Vegetable Wrap Tuna Salad</p>	<p>Ham, Cheddar and Apple on Croissant Tuna Salad</p>	<p>Spicy Chicken Salad Wrap Tuna Salad</p>	<p>Egg Salad Wrap Chicken Salad</p>	<p>Turkey BLT Chicken Salad</p>								
<i>Main Plate</i>	<p>Salisbury Steak with Tomato Confit Cheesy Bacon Mashed Potatoes Broccoli with Almonds Southwestern Corn, Spinach, and Farro</p>	<p>Citrus infused Turkey w/ Grilled Citrus Buttered Parsley Potatoes Baked Beans Roasted Zucchini and Herbs</p>	<p>Mediterranean Beef Truffled Brown Rice with Wild Mushrooms Roasted Buffalo Cauliflower with Crumbled Bleu Cheese Spaghetti Squash with Garlic Oil and Almonds</p>	<p>Chicken French Roasted Potatoes Green Beans Stewed Tomatoes</p>	<p>Battered Fish Steak Cut French Fries Roasted Vegetables Peas</p>	<p>Roasted Pork Loin with Applesauce Cornbread Stuffing Corn Zucchini</p>	<p>Roast Beef with au jus Egg Noodles Mushroom Ragu Green Beans</p>						
	<p>Pepperoni Flatbread Cheese Flatbread Spinach and Feta Flatbread Roasted Pepper and Goat Cheese Flatbread</p>	<p>Pepperoni Pizza Cheese Pizza Broccoli Pizza Cheeseburger Pizza</p>	<p>Pepperoni Pizza Cheese Pizza Marinara, Pesto Alfredo Penne, Whole Wheat Penne</p>	<p>Pepperoni Calzones Cheese Calzones Meatlovers Calzone Veggie Calzones</p>	<p>Pepperoni Pizza Cheese Pizza Marinara, Sundried Tomato Alfredo Spaghetti, Ziti</p>	<p>MTO Pizzas</p>	<p>MTO Pizzas</p>						
 (Sauces on the Side)	<p>BBQ Pork Chop with Mango BBQ Sauce Mashed Sweet Potatoes Steamed Cauliflower</p>	<p>Stuffed Peppers Cheesy Mashed Potatoes Steamed Broccoli with Tomatoes</p>	<p>Sweet Chili Shrimp over Rice Sautéed Garlicky Green Beans Steamed Yellow Squash</p>	<p>Tofu with Grilled Lemons and Capers Brown Rice w/ Spinach and Tomatoes Steamed Zucchini with Roasted Peppers</p>	<p>GF Chicken Marsala Roasted Potatoes with Onions Steamed Green Beans</p>	<p>Broccoli Frittata Roasted Tomatoes and Spinach Black Beans and Rice</p>	<p>GF Haddock French Corn with Roasted Peppers Red Zucchini, Yellow Squash, and Carrots</p>						
	<p>Cheese Quesadilla Grilled lemon Garlic Chicken French Fries</p>	<p>Turkey Burger w/ Pepperjack and Jalap. Turkey Burger Veggie Burger with Mushrooms and Swiss Tater Tots</p>	<p>Pizza Burger Hamburger Grilled Reuben French Fries</p>	<p>Jack Bean Burgers with Mozzarella and Roasted Peppers Black Bean Burgers Chicken Patties Crinkle Cut French Fries</p>	<p>All Beef Hot Dog Pulled Pork Quesadilla French Fries</p>	<p>Veggie Burger French Dip French Fries</p>	<p>Parmesan Garlic Chicken Polish Sausage with Sauerkraut French Fries</p>						
 farm to table fare	<p>Cajun Corn Farro Salad Quinoa Salad w/ Dried Fruit & Nuts Cous Cous Roasted Zucchini Fresh Cut Fruit Blueberry Yogurt Hummus with Pita Chips</p>	<p>Cajun Corn Farro Salad Quinoa Salad w/ Dried Fruit & Nuts Cous Cous Roasted Carrots Fresh Cut Fruit Blueberry Yogurt Hummus with Pita Chips</p>	<p>Cajun Corn Farro Salad Quinoa Salad w/ Dried Fruit & Nuts Cous Cous Roasted Broccoli Fresh Cut Fruit Blueberry Yogurt Hummus with Pita Chips</p>	<p>Pea, Roasted pepper with Cous Cous Salad Mango, Craisin, Orange, Coccourt Jasmine Rice Wheatberries Roasted Yellow Squash Fresh Cut Fruit Blueberry Yogurt Hummus with Pita Chips</p>	<p>Snow Pea, Roasted pepper with Cous Cous Salad Mango, Craisin, Orange, Coccourt Jasmine Rice Wheatberries Roasted Cauliflower Fresh Cut Fruit Blueberry Yogurt Hummus with Pita Chips</p>	<p>Selection of Yogurts, Cottage Cheese and Fresh Cut Fruits</p>	<p>Selection of Yogurts, Cottage Cheese and Fresh Cut Fruits</p>						
	<p>White Chicken Chili Mushroom and Leek</p>	<p>Italian Wedding Corn and Poblano Chowder</p>	<p>Cream of Chicken and Rice Tomato Florentine</p>	<p>North African Bean Stew Creamy Steak & Mushroom</p>	<p>Seafood Chowder Vegetable Lentil</p>	<p>Chef's Choice Chili Chef's Choice Vegetable</p>	<p>Chef's Choice Chili Chef's Choice Vegetable</p>						

* Contains or may contain raw or undercooked ingredients. Consuming raw or uncooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.

- Denotes Vegetarian Item
- Denotes Vegan Item
- Denotes Gluten-Free Item