



Baker College Kitchen

Week of: 9/11/2017

Chef Verena

Lunch Menu

Monday

CILANTRO RICE
 GRILLED FIESTA CHICKEN
 TORTILLA CRUSTED PANGASIU FILLET
 ROASTED CALABACITAS WITH CORN AND TOMATOES
 GRILLED MARGHERITA SANDWICH
 TOMATO BISQUE

Tuesday

RED BEANS AND RICE
 BLACKENED CHICKEN
 CHEESE RAVIOLI WITH CREAMY TOMATO SAUCE
 LEMON PEPPER COD
 CHICKEN TENDERS
 WAFFLE FRIES

Wednesday

CREAMY BUTTERNUT SQUASH GNOCCHI
 ROASTED HERB CHICKEN
 PORK CHOPS WITH MUSHROOM DEMI GLACE
 SAUTEED GREEN BEANS
 GREEK COUSCOUS
 CHEESE BURGERS AND CHICKEN SANDWICH AT THE GRILL

Thursday

BLACK BEANS AND BROWN RICE
 TOMATILLO PORK CARNITAS
 FISH VERACRUZ
 VEGETABLE LASAGNA
 PLANTAINS WITH LENTIL STEW
 CHEESE BURGER PIZZA

Friday

KOREAN MEATBALLS
 GINGER STICKY RICE
 STIR FRIED RICE NOODLES AND VEGETABLES
 SESAME SRIRACHA CHICKEN THIGHS
 LOCAL TOFU AND SWEET POTATOES
 HOISIN JACK FRUIT & BABY BOK CHOY

Saturday

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Sunday

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■ = Vegan
 ■ = Vegetarian

■ = Contains Gluten
 ■ = Contains Soy

■ = Contains Milk
 ■ = Contains Eggs

■ = Contains Fish
 ■ = Contains Shellfish

■ = Contains Peanuts
 ■ = Contains Treenuts

Dinner Menu

Monday

- ROASTED CHICKEN DRUMSTICKS
- ROASTED YUKON GOLD POTATOES
- PORK TENDERLOIN WITH BALSAMIC GLAZE
- LOCAL TOFU WITH SUNDRIED TOMATO PESTO
- ROASTED CARROTS WITH THYME
- EGGPLANT & BARLEY PILAF

Tuesday

- BEEF AND BROCCOLI
- FRIED RICE
- TILAPIA WITH JICAMA RELISH
- EDAMAME AND GARBANZO VEGAN MEATBALLS
- GLUTEN FREE PASTA MARINARA
- BUFFALO CHICKEN SANDWICH

Wednesday

- DIRTY RICE
- SMOKED PAPRIKA CHICKEN
- BAKED PASTA
- SAUSAGE WITH PEPPERS AND ONIONS
- SMOKED SALMON FLAT BREAD WITH DILL CREAM
- SWEET POTATO FRIES

Thursday

- CHICKEN ALFREDO
- FETTUCINE
- SAUTÉED DILL LEMON SHRIMP
- ASPARAGUS WITH RED WINE AND SHALLOTS
- GARLIC BREAD
- BEEF HOT DOGS ON PRETZEL BUNS
- CHEESE FRENCH FRIES

Friday

Saturday

DINNER AVAILABLE AT SEIBEL OR NORTH SERVERIES

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