



Seibel Served

Week of: 9/11/2017

Chef Kyle

Lunch Menu

Monday

SMOKED PAPRIKA RICE, QUINOA CORN PILAF

SWAII FISH FILLET WITH FENNEL, KALE & TOMATO SALAD

CHIPOTLE CHICKEN WITH FRESH PICO (HALAL)

OKRA, RED BEAN & TOMATO RAGOUT

SWEET POTATO, POBLANO & LOCAL TOFU

SHRIMP BISQUE

Tuesday

GARLIC RICE PILAF WITH BROCCOLI FLORETS

CHICKEN VINDALOO (HALAL)

SPAGHETTI SQUASH WITH ARUGULA & SUN-DRIED TOMATOES

HERB CRUSTED COD LOIN

CHICKPEA FRITTERS WITH TABBOULEH & TAHINI SAUCE

GARDEN VEGETABLE SOUP

SPICY EGGPLANT & RICED CAULIFLOWER TACO WITH PEPITAS

Wednesday

ROSEMARY GARLIC POTATOES & ONIONS

SPINACH TOMATO FETA TIMBALES

OVEN FRIED CHICKEN DRUMSTICKS (HALAL)

FLOUNDER FILLET WITH CILANTRO VINAIGRETTE

TUSCAN BEAN MEDLEY

GRILLED PIMENTO CHEESE SANDWICH

TOMATO BASIL SOUP

Thursday

CREAMY CHICKEN FLORENTINE SANDWICH (HALAL)

RED POTATOES WITH KALE & CABBAGE

SALISBURY STEAK

ROTINI PASTA WITH OLIVES, LOCAL EGGPLANT & FETA

TUSCAN WHITE BEAN PATTY WITH ROMESCO

SHAVED ZUCCHINI & ARUGULA SALAD WITH LEMON

FISH TACOS WITH MANGO HABANERO SALSA

Friday

ROASTED POTATOES, BRUSSELS SPROUTS &

EGGPLANT ROULADE WITH ROASTED MUSHROOM STUFFING

ROASTED TRI-COLOR CARROTS

BALSAMIC GLAZED CHICKEN WITH TOMATO RELISH (HALAL)

SEAFOOD CAKES WITH SAUCE AMERICAINE

MIXED GREENS WITH GARBANZO, ASPARAGUS &

Saturday

ITALIAN PORK SAUSAGE BAKED ZITI

SAUTÉED POTATOES WITH PEPPERS & ONIONS

SMOKED PAPRIKA ROASTED CHICKEN (HALAL)

SPINACH & MUSHROOM QUICHE

CHIPOTLE LIME RICE & QUINOA PILAF WITH CORN & BLACK

PEPPERONI & CHEESE PIZZAS

BEEF PATTIES, CHICKEN & FRIES AT THE GRILL

Sunday

BRUNCH SERVICE WITH OMELETS AT THE GRILL

CHOCOLATE CHIP PANCAKES

= Vegan

= Vegetarian

= Contains Gluten

= Contains Soy

= Contains Milk

= Contains Eggs

= Contains Fish

= Contains Shellfish

= Contains Peanuts

= Contains Treenuts

Dinner Menu

Monday

FARFALLE PASTA WITH SWEET PEA PESTO

ROASTED EGGPLANT, TOMATO & GREEN BEANS

SEVEN GRAIN & RICE BLEND WITH CAULIFLOWER & WILTED SPINACH

TILAPIA PROVENCAL

PAN-SEARED CHICKEN WITH MUSHROOM CREAM SAUCE (HALAL)

VEGETABLE MINISTRONE SOUP

Tuesday

SPANISH RICE

REFRIED BLACK BEANS

CHEESE ENCHILADAS

CHICKEN FAJITAS (HALAL)

BEEF GUISADA

LOCAL TOFU, PORTOBELLOS, CALABASA, PEPPERS & ONIONS

Wednesday

LEMON GINGER JASMINE RICE

COCONUT CURRY LOCAL TOFU WITH SQUASH & GREEN BEANS

CHICKEN TAGINE WITH BUTTERNUT SQUASH (HALAL)

KOREAN-STYLE PORK SPARE RIBS

LOCAL BEAN SPROUT FRITTATA WITH SHITAKE MUSHROOMS

PHO SOUP BAR WITH VEGETABLE & HALAL CHICKEN BROTHS

Thursday

MEDITERRANEAN RICE PILAF WITH OLIVES & CAPERS

GREEN BEANS, MUSHROOMS & RED PEPPERS

SEAFOOD CIOPPINO

CHICKEN THIGHS WITH TOMATO, GOAT CHEESE SAUCE

CREAMY POTATO GNOCCHI WITH GREEN PEAS

ITALIAN WEDDING SOUP WITH PORK SAUSAGE

Friday

BLUE CHEESE MASHED POTATOES

CHICKEN FAJITAS (HALAL)

BEEF FAJITAS

CHEESE ENCHILADAS

REFRIED BLACK BEANS

LOCAL TOFU STRIPS WITH PORTOBELLOS, PEPPERS &

Saturday

CILANTRO LIME RICE & QUINOA PILAF

CRISPY LOCAL TOFU WITH PLUM SAUCE, BROCCOLI & RED

SWEET POTATO PLANTAIN PATTIES WITH BEAN & CORN

SPICY SAMBAL CHICKEN THIGHS (HALAL)

PORK AL PASTOR WITH GREEN ONIONS & PINEAPPLE

FLATBREAD PIZZAS

GRILLED CHICKEN, VEGETABLE PATTIES & FRIES AT THE GRILL

Sunday

WILD RICE PILAF

PORK LOIN WITH HONEY MUSTARD VINAIGRETTE

CHICKEN WITH LEMON CAPER & ARTICHOKE RELISH (HALAL)

BAKED PASTA PRIMAVERA

NAVY BEANS WITH CARROTS & KALE

HERB ROASTED CARVED LOCAL CHICKENS

■ = Vegan

■ = Vegetarian

■ = Contains Gluten

■ = Contains Soy

■ = Contains Milk

■ = Contains Eggs

■ = Contains Fish

■ = Contains Shellfish

■ = Contains Peanuts

■ = Contains Treenuts