



Sid Rich Kitchen

Week of: 9/11/17-9/17-/17

Chef Sarah

Lunch Menu

Monday

BBQ BAKED CHICKEN BREAST

MAC AND CHEESE

BLACK EYED PEA STEW WITH STEAMED RED RICE & QUINOA

BATTERED COD FILETS

SAUTÉED GREEN BEANS

GRAPEFRUIT AND AVOCADO SALAD

Tuesday

GRILLED HAM AND PIMENTO CHEESE ON WHEAT BERRY BREAD

YUCA FRIES

LENTIL AND POTATO HASH CAKES WITH TAHINI VINAIGRETTE

CHICKEN TENDERS

LOCAL HONEY GLAZED CARROTS, KALE AND FENNEL

ROOT BEER FLOATS

BRAISED BEEF BRISKET, LOCAL CABBAGE, POTATOES AND ONIONS

Wednesday

BEEF PICADILLO

VERDE RICE

BLACK BEAN PATTIES WITH TOMATO CILANTRO JAM

GRILLED CHICKEN BREAST WITH MANGO RELISH

VEGGIE SAUSAGE WITH SAUTÉED PEPPERS AND ONIONS

CORN TORTILLA CHIPS WITH SALSA AND GUACAMOLE

Thursday

SLOPPY JOE SANDWICHES

HERB ROASTED POTATO WEDGES

GREEN BEAN AND CHICKPEA CASSEROLE

GREEK CHICKEN WITH CUCUMBER RELISH

ROASTED LOCAL SQUASH

FROZEN MEXICAN HOT CHOCOLATE

CHURROS

Friday

BLT TURKEY WRAPS

TATER TOTS

SOUTHWEST LOCAL CORN CASSEROLE

CARAMELIZED ONION GRATINATA TILAPIA

QUINOA SALAD STUFFED TOMATOES

TOMATO CUCUMBER SALAD

CLAM CHOWDER

Saturday

Sunday

- = Vegan
- = Vegetarian
- = Contains Gluten
- = Contains Soy
- = Contains Milk
- = Contains Eggs
- = Contains Fish
- = Contains Shellfish
- = Contains Peanuts
- = Contains Treenuts

Dinner Menu

Monday

PLUM SAUCE GLAZED ROASTED PORK LOIN

VEGETABLE STIR FRIED RICE

LOCAL VEGETABLE AND EDNAMAME
NOODLE BOWLS

BAKED TERIYAKI CHICKEN THIGHS

STEAMED BROCCOLI AND CARROTS

VEGETABLE EGG ROLLS

R & M SZECHUAN SAUCE

Tuesday

BAKED LEMON PEPPER CHICKEN LEGS

HERB ROASTED RED POTATOES

GRILLED LOCAL TOFU STEAKS AND
VEGETABLES

BAKED SWAI FILET WITH CHIMICHURRI

TURKEY BURGER WITH LOCAL FRIED GREEN
TOMATOES

HOUSE-MADE PICKLE REMOULADE

Wednesday

BEEF STEW

ROASTED GARLIC MASHED POTATOES
CREAMY TOMATO (GLUTEN FREE) PASTA
AND TEMPEH CASSEROLE

OVEN ROASTED ST. LOUIS PORK RIBS

LOCAL CORN ON THE COB

GARLIC TEXAS TOAST

STRAWBERRY KIWI SPINACH SALAD

Thursday

SHRIMP CREOLE

STEAMED RICE

BAKED LOCAL PURPLE HULL
PEA COCONUT CURRY

CHICKEN AND SMOKED
SAUSAGE GUMBO

SAUTÉED LOCAL GREENS

CHOCOLATE CREAM PIE

JALAPENO CHEDDAR CORN
BREAD MUFFINS

Friday

Saturday

DINNER
AVAILABLE AT
NORTH AND
SEIBEL SERVERIES

Sunday

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■ = Vegetarian

■ = Contains Gluten

■ = Contains Soy

■ = Contains Milk

■ = Contains Eggs

■ = Contains Fish

■ = Contains Shellfish

■ = Contains Peanuts

■ = Contains Treenuts