



Seibel Served

Week of: 2/11/2018

Chef Kyle

Lunch Menu

Monday

ROASTED POTATOES, LOCAL TURNIPS & GOLD BEETS
 POLENTA MEDALLIONS WITH LOCAL RADISH GREENS PESTO
 CALICO BEAN BLEND WITH BARLEY
 FLOUNDER WITH MANDARIN ORANGE SALAD
 MUSHROOM SWISS CHICKEN SANDWICH (HALAL)
 FIRE-ROASTED RED PEPPER BISQUE
 ITALIAN HERB GOAT CHEESE & SPINACH GRILLED CHEESE

Tuesday

BASMATI RICE
 TEMPEH WITH ROASTED TOMATOES & GREEN BEANS
 CAULIFLOWER FLATBREAD W/BUTTERNUT SQUASH, FETA & PORTOBELLO
 MULLIGATAWNY SEAFOOD STEW (COCONUT)
 FESENJAN: CHICKEN WITH POMEGRANATE & WALNUTS (HALAL)
 VEGETABLE MINISTRONE (GLUTEN-FREE PASTA)
 LAMB NAAN TACO (HALAL)

Wednesday

RISOTTO WITH ASPARAGUS & SWEET GARDEN PEAS
 SAUTÉED GREEN BEANS, RED PEPPERS & MUSHROOMS
 ZUCCHINI & POTATO TOTS
 SWEET-N-SPICY CHICKEN LEGS (HALAL)
 CHEDDAR BEEF PRETZEL SANDWICH
 CHICKEN NOODLE SOUP (HALAL)
 STRAWBERRIES & CHOCOLATEY CHICKPEA CREPE

Thursday

LOCAL ROSEMARY RED POTATOES
 LEMON TARRAGON CAULIFLOWER QUINOA PATTIES
 TOMATO CURRY LOCAL TOFU & GREEN BEANS
 CORNMEAL CRUSTED CHICKEN WITH LEMON CAPER (HALAL)
 HAM PANINI WITH SPINACH, RED PEPPERS & HAVARTI CHEESE
 MIXED GREEN SALAD WITH ARTICHOKE & HEARTS OF PALM
 SPICY RED BEAN, LOCAL SQUASH & BEET TACO

Friday

SAUTÉED POTATOES & MUSTARD GREENS
 LENTIL MUSHROOM PATTY WITH TOMATO MASALA SAUCE
 ROASTED EGGPLANT, GREEN BEANS & CHICKPEAS
 CHICKEN VINDALOO (HALAL)
 FRIED CATFISH FILLETS
 WATERMELON ARUGULA SALAD WITH FETA CHEESE

Saturday

SOUTHWEST RICE
 BLACK BEAN, CORN & LOCAL TOFU
 CHEESE ENCHILADAS
 CHICKEN TOMATILLO (HALAL)
 BEEF TACOS
 CHICKEN, VEGETABLE PATTIES & FRENCH FRIES AT THE GRILL
 MINI CHEESE PIZZAS

Sunday

BRUNCH SERVICE WITH OMELET BAR
 BLUEBERRY PANCAKES
 COUSCOUS VEGETABLE PILAF
 BAKED SALMON WITH TOMATO CAPER VINAIGRETTE
 CHIPOTLE CHICKEN SAUSAGE (HALAL)

■ = Vegan

■ = Vegetarian

■ = Contains Gluten

■ = Contains Soy

■ = Contains Milk

■ = Contains Eggs

■ = Contains Fish

■ = Contains Shellfish

■ = Contains Peanuts

■ = Contains Treenuts

Dinner Menu

Monday

JAMBALAYA RICE
 OKRA, POTATO & RED BEANS
 LOCAL TOFU CUTLETS WITH SAUTÉED GREENS
 CHICKEN GUMBO (HALAL)
 ANDOUILLE SAUSAGE WITH ROASTED CORN, PEPPERS & ONIONS
 CLAM CHOWDER

Tuesday

SMASHED RED POTATOES WITH HORSERADISH & GREEN ONIONS
 ROASTED CAULIFLOWER, CARROTS & BRUSSELS SPROUTS
 PLANT-BASED HOPPIN' JOHN
 CHICKEN BRAISED WITH TOMATO, CAPERS & OLIVES (HALAL)
 COUNTRY FRIED STEAK WITH CREAM GRAVY
 GREEN CHILE CORN CHOWDER

Wednesday

GARDEN VEGETABLE RICE PILAF
 CHILE GARLIC LOCAL TOFU STIR-FRY
 TAMARIND RICE NOODLES WITH SNAP PEAS
 CHAR SIU CHICKEN THIGHS (HALAL)
 ROASTED PEPPER COD WITH CRISPY EDAMAME
 HOT & SOUR SOUP

Thursday

CHILE & AGAVE GLAZED LOCAL SWEET POTATOES
 NORTHERN BEANS & LOCAL KALE
 PEPPER JACK MACARONI & CHEESE
 BUFFALO FRIED CHICKEN BREAST (HALAL)
 PORK CARNITAS
 BUTTERMILK WAFFLES

Friday

POBLANO & CORN RICE PILAF
 SOUTHWEST VEGETABLE ENCHILADA CASSEROLE
 CINNAMON SPICED LOCAL ACORN SQUASH
 CILANTRO JALAPEÑO CHICKEN WITH COTIJA CHEESE (HALAL)
 CRAB & FISH SEAFOOD CAKES
 VEGETABLE TORTILLA SOUP
 TORTILLA CHIPS & QUESO

Saturday

RED QUINOA, RICE & CHICKPEAS
 CHEESE TORTELLINI WITH PESTO
 WAFFLES FRIES
 BAKED CHICKEN PASTA (HALAL)
 LAMB & BEEF GYRO SANDWICH
 CHICKEN & VEGETABLE PATTIES AT THE GRILL

Sunday

BOWTIE PASTA IN SAGE CREAM SAUCE
 HONEY BALSAMIC GLAZED CHICKEN (HALAL)
 HERB GRATINATA SWAII FISH FILLET
 TUSCAN BEAN MEDLEY WITH ROASTED EGGPLANT
 BROWN RICE & QUINOA STUFFED PEPPERS
 CARVED PORK LOIN

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