West Servery

Week of: 3/18/19
Chef Roger
### Lunch Menu

#### Monday
- **Macaroni and Cheese**
- **Braised Tender Beef Ancho Style**
- **Chicken Artichoke Pesto**
- **Spinach Parmesan Quiche**
- **Rice Tofu with Roasted Green Salsa**
- **Chicken Sliders with Honey Dijon**
- **Sriracha**
- **Margarita Pizza**

#### Tuesday
- **Chicken and Dumplings**
- **Haricots Verts with Mushrooms**
- **Black Bean Burrito**
- **Whole Grain Red Quinoa with Kale**
- **Seared Duck Breast with Orange Sauce**
- **Lamb Beef Gyro Pizza**
- **Mushroom Fresh Mozzarella Pizza**

#### Wednesday
- **Garlic Herb Pasta**
- **Shrimp Mussels Clams Seafood Stew**
- **Navy Bean with Carrot and Rosemary**
- **Whole Grain Farro with Spinach and Cranberry**
- **Beef Strip Loin Roast**
- **Prosciutto Spinach Pizza**
- **Vegetable Supreme Pizza**

#### Thursday
- **Basmati Rice**
- **Tender Pork with Fresh Poblano Salsa**
- **Cornmeal Crusted Catfish with Tartar Sauce**
- **Potato Cauliflower Curry**
- **Bean and Cheddar Empanada**
- **BBQ Chicken Pizza**
- **Black Bean Tostada Pizza with Chipotle Crema**

#### Friday
- **Scalloped Potatoes**
- **Cod Fish Gratinata**
- **BBQ Chicken Drumsticks**
- **Portobello Linguini**
- **Edamame with Lemon Caper**
- **Stuffed Bell Peppers with Rice and Herb Tomato Sauce**
- **Deep Dish Pizza with Artichoke Mushroom Pesto**
- **Bacon Jalapeño Popper Pizza**

#### Saturday
- **Breakfast and Lunch Available at North and South**

#### Sunday
- **Mini Waffles with Strawberry Compote**
- **Spinach Tomato Parmesan Frittata**
- **Baked Pasta with Ricotta and Zucchini**
- **Barley Mushroom Pepper Stew**

---

[Symbols for ingredients and dietary requirements are included at the bottom of the page.]

- = Vegan
- = Contains Gluten
- = Contains Milk
- = Contains Eggs
- = Contains Fish
- = Contains Shellfish
- =Contains Soy
- = Contains Treenuts
- = Contains Peanuts
### Dinner Menu

#### Monday
- Jasmine Rice
- Honey Stung Chicken
- Fish with Green Curry
- Breadcrad Tofu with Spicy Plum Sauce
- Chickpea Potato Masala
- Smoked Cheddar Turkey Burger

#### Tuesday
- Pasta Marinara
- Meatballs with Lots of Sauce
- Chicken Alfredo
- Cheese Manicotti
- Eggplant Swiss Chard Ragout
- Cowboy Burger with Provolone
- Macaroni Salad

#### Wednesday
- Associates Dinner

#### Thursday
- Steamed White Rice
- Sweet and Sour Shrimp
- Beef Tri Tip Chimichurri
- Pinto Beans
- Tempeh with Teriyaki Sauce
- Patty Melt with Caramelized Onions
- Tortilla Salad with Zesty Lime Vinaigrette

#### Friday
- Fried Rice
- Chicken Fried Chicken
- Fish with Corn Salsa
- Jumbo Cheese Ravioli with Marinara
- Eggplant Tofu and Baby Corn

#### Saturday
- Roasted Garlic Potatoes
- Beef Eye of Round Roast
- Chicken Florentine
- Plant-Based Parmesan Tofu Cutlets
- Pasta Pesto with Sun-Dried Tomato

#### Sunday
- Chicken Alfredo
- Fish with Green Curry
- Tempeh with Teriyaki Sauce
- Patty Melt with Caramelized Onions
- Cheese Manicotti

---

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Symbol</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegan</td>
<td>🌽</td>
</tr>
<tr>
<td>Vegetarian</td>
<td>🍗</td>
</tr>
<tr>
<td>Contains Gluten</td>
<td>🍲</td>
</tr>
<tr>
<td>Contains Soy</td>
<td>🍲</td>
</tr>
<tr>
<td>Contains Milk</td>
<td>🍲</td>
</tr>
<tr>
<td>Contains Eggs</td>
<td>🍲</td>
</tr>
<tr>
<td>Contains Fish</td>
<td>🍲</td>
</tr>
<tr>
<td>Contains Shellfish</td>
<td>🍲</td>
</tr>
<tr>
<td>Contains Peanuts</td>
<td>🍲</td>
</tr>
<tr>
<td>Contains Treenuts</td>
<td>🍲</td>
</tr>
</tbody>
</table>