Baker College Kitchen

Week of: 04.08/2019
Chef Verena
## Lunch Menu

### Monday
- Butternut squash & spinach gnocchi
- Fresh herb roasted chicken breast
- Tortilla crusted tilapia topped with mango relish
- Asian style tofu with jasmine rice and sesame seeds
- Yuca fries with mayo-ketchup
- Plant-based tomato soup
- Margherita sandwich

### Tuesday
- Fettucine Alfredo
- Grilled chicken
- Italian style braised pork
- Roasted red pepper chickpeas & kale
- Empeh and potato stuffed peppers with plant-based cheese
- Lemongrass coconut shrimp soup
- Strawberry mint agua fresca

### Wednesday
- Steamed basmati
- North Indian chicken curry
- Thai spicy seafood stew
- Saag tofu
- Grilled naan bread
- Curry ramen with miso cauliflower
- Matcha lemonade

### Thursday
- Rice pilaf
- Rosemary garlic roasted chicken
- Sweet potato and white bean stew
- Blackened swai fish topped with avocado sauce
- Creamy polenta with spring vegetables and tofu
- Ranch curly fries
- Horchata agua fresca

### Friday
- Beer battered cod
- Roasted Yukon gold potatoes
- Chicken enchiladas with adobo sauce and pepper jack
- Breakfast rice casserole
- Roasted butternut & kale with barley
- Agua de tamarindo
- Greek salad

### Saturday
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### Sunday
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**Symbols:**
- **= Vegan**
- **= Contains Gluten**
- **= Contains Milk**
- **= Contains Fish**
- **= Contains Peanuts**
- **= Contains Soy**
- **= Contains Eggs**
- **= Contains Shellfish**
- **= Contains Treenuts**
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>BBQ seasoned potato wedges</td>
<td>Cheesy broccoli rice</td>
<td>Salisbury steak with mushroom gravy</td>
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<td>Smoked chicken thighs</td>
<td>Filipino Adobo chicken thighs</td>
<td>Lemon pepper chicken drumsticks</td>
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<td>Pork sausage with house-made 1 exas BBQ sauce</td>
<td>Garlic and white wine cod</td>
<td>Creamy mashed potatoes</td>
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<td></td>
<td>Ranch beans</td>
<td>Cheese tortellini with spinach &amp;</td>
<td>PlantFare &quot;chili&quot; mac</td>
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<tr>
<td></td>
<td>Chipotle tomato tofu</td>
<td>tomato cream sauce</td>
<td>Roasted tofu &amp; green beans</td>
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<td>Cole slaw</td>
<td>Greek style lentils</td>
<td>Kimchi french fries</td>
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<td></td>
<td>Jackfruit &quot;pulled pork&quot;</td>
<td>Chili cheese turkey hot dogs</td>
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<td>Carrot lemonade</td>
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</tbody>
</table>

### Weekly Specials

- **Monday**: BBQ seasoned potato wedges, Smoked chicken thighs, Pork sausage with house-made 1 exas BBQ sauce, Ranch beans, Chipotle tomato tofu, Cole slaw, Jackfruit "pulled pork"
- **Tuesday**: Cheesy broccoli rice, Filipino Adobo chicken thighs, Garlic and white wine cod, Cheese tortellini with spinach & tomato cream sauce, Greek style lentils, Chili cheese turkey hot dogs, Carrot lemonade
- **Wednesday**: Salisbury steak with mushroom gravy, Lemon pepper chicken drumsticks, Creamy mashed potatoes, PlantFare "chili" mac, Roasted tofu & green beans, Kimchi french fries
- **Thursday**: Tequila lime chicken, Carnitas (pork), Black bean & corn calabacitas w/ queso, Frijoles a la charra, Guajillo rice, Chips and queso, Esquites (corn kernel with butter, cheese & tajin)
- **Friday**: -
- **Saturday**: -
- **Sunday**: -

### Allergy Information

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