North Servery

Week of: 7/1/19
Chef Martin, Chef Charles
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td><strong>Turkey Pesto Ciabatta Sandwich</strong></td>
<td><strong>Mexican Style Rice</strong></td>
<td><strong>Philly Cheese Steak Sandwich</strong></td>
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<tr>
<td><strong>Mashed Potatoes</strong></td>
<td><strong>Southwest Chicken Breast</strong></td>
<td><strong>Roasted Red Potatoes</strong></td>
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<tr>
<td><strong>BBQ Pork Sausage with Caramelized</strong></td>
<td><strong>Beef Picadillo with Warm Flour</strong></td>
<td><strong>Seared Chicken Breast with Chipotle</strong></td>
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<tr>
<td><strong>Onions</strong></td>
<td><strong>Tortillas</strong></td>
<td><strong>Mushrooms</strong></td>
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<tr>
<td><strong>TOFU Cutlets with Fried Rice and</strong></td>
<td><strong>Spinach and Tomato Quesadillas</strong></td>
<td><strong>Quinoa and Kale with Roasted</strong></td>
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<tr>
<td><strong>Vegetables</strong></td>
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<tr>
<td><strong>Curry Garbanzo Beans and Eggplant</strong></td>
<td></td>
<td><strong>Stir-Fried Soba Noodles &amp; Tofu</strong></td>
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<tr>
<td><strong>Corn Nuggets at The Grill</strong></td>
<td></td>
<td><strong>Mini Turkey Corn Dogs at The Grill</strong></td>
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<tr>
<td><strong>Agua Fresca</strong></td>
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<thead>
<tr>
<th>Thursday</th>
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<th>Saturday</th>
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<tr>
<td><strong>Wild Rice with Peas and Carrots</strong></td>
<td><strong>Chicken and Cheddar Flat Bread with</strong></td>
<td><strong>Fiesta Rice Pilaf</strong></td>
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<tr>
<td></td>
<td><strong>Pico de Gallo</strong></td>
<td><strong>Warm Flour Tortillas and Taco Shells</strong></td>
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<tr>
<td><strong>Baked Swai with Lemon &amp; Capers</strong></td>
<td><strong>Quinoa Couscous Pilaf</strong></td>
<td><strong>Savory Beef Taco Meat</strong></td>
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<tr>
<td><strong>Italian Pork Sausage Ragout</strong></td>
<td><strong>Breaded Catfish Nuggets with</strong></td>
<td><strong>Chicken Enchiladas</strong></td>
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<td></td>
<td><strong>Tarter Sauce</strong></td>
<td><strong>Ranchero Beans</strong></td>
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<tr>
<td><strong>Broccoli Cheddar Quiche</strong></td>
<td><strong>Blackeyed Peas and Okra</strong></td>
<td><strong>Nacho Cheddar &amp; Pico de Gallo Relish</strong></td>
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<tr>
<td><strong>Green Beans and Mushrooms</strong></td>
<td><strong>Spinach, Tomato and Feta Jumbo</strong></td>
<td><strong>Casserole</strong></td>
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<tr>
<td><strong>Hamburger and French Fries at The</strong></td>
<td><strong>Onion Rings at The Grill</strong></td>
<td><strong>Pasta Marinara</strong></td>
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<tr>
<td><strong>Grill</strong></td>
<td><strong>Agua Fresca</strong></td>
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- = Vegan  
= Contains Gluten  
= Contains Milk  
= Contains Fish  
= Contains Soy  
= Contains Peanuts  
= Contains Eggs  
= Contains Treenuts  

- = Contains Shellfish
### Dinner Menu

#### Monday
- Carribean Style Rice
- Baked Jerk Tilapia Fillet
- Buffalo Chicken Drumsticks
- Cauliflower Au Gratin
- Roasted Plantains and Tofu

#### Tuesday
- Spaghetti Pasta
- Italian Meatballs with Marinara
- Chicken Alfredo with Parmesan
- Eggplant Parmesan
- Stuffed Tomato with Couscous and Edamame

#### Wednesday
- Jasmine Rice
- Teriyaki Chicken
- Sweet Chili Beef and Vegetables
- Kimchi and Tater Tots
- Vegetable Fried Rice

#### Thursday
- Scalloped Potatoes
- Chicken Fried Chicken Breast
- Slow Cooked Pork Spare Ribs
- Red Beans and Rice
- Cheese Manicotti with Marinara

#### Friday
- Macaroni and Cheese
- BBQ Glazed Chicken
- Beef Meatloaf with Steak Sauce
- Sweet Baked Beans
- Plant-Based Vegetable Pasta

#### Saturday
- Chicken Salad, Lettuce and Tomato Wraps
- Fresh Lemon Dill Potato Chips
- Tortilla Crusted Talipia
- Stuffed Bell Peppers
- Local Tofu and Broccoli

#### Sunday
- Fresh Red Skin Potato Mash
- Country Fried Beef Steaks with Creamy Gravy
- Grilled Chicken Breast with Onion & Peppers
- Cheese Ravioli with Pesto
- Spinach, Mushroom, Quinoa & Kidney Bean Medley
- Ice Cream Bar

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**Legend:**
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