## Lunch Menu

### Monday
- Brown Rice Florentine
- Eggplant and Chickpea Masala
- Roasted Garlic & Tomato Pie
- Tilapia Gratinate
- Chicken Thighs with Green Chile Pepita Pesto (Halal)
- Seafood Crepe with Dill Cream Sauce

### Tuesday
- Roasted Red Potatoes & Green Beans
- Zucchini Pancakes with Cucumber Tomato Relish
- Broccoli Timbale with Plant-Based Cheese Sauce
- Philly Cheesesteak Sandwich
- Grilled Chicken with Lemon Tarragon Vinaigrette
- Cactus, Corn and Portobello Taco
- Tomato Basil Soup

### Wednesday
- Citrus Basmati Rice with Garden Peas
- Balsamic Glazed Grilled Eggplant & Zucchini over Navy Beans
- Sagg Paneer
- Cubano Pork Sandwich
- Chicken Vindaloo (Halal)
- Warm Naan
- Bulgogi Beef Taco

### Thursday
- Curried Potatoes and Roasted Cauliflower
- Chipotle Tomato Tempeh Ragout
- Tostones with Black Bean Salsa
- Jerk-Seasoned Red Fish with Pineapple Chutney
- Chicken, Rosemary and Artichoke Sausage (Halal)
- Sweet Potato Taco with Caramel Braised Pork
- Swiss Peach and Onion Salad

### Friday
- Olive Oil Smashed Potatoes with Arugula
- Grilled Cauliflower over Mashed Celery Root
- Penne with Plant-Based Italian Sausage & Artichokes
- Breaded Flounder with Tartar Sauce
- Southwest Chicken Caesar Wrap (Halal)
- Ribbon Zucchini Arugula Salad with Lemon

### Saturday
- Green Chile Rice
- Teriyaki Glazed Chicken (Halal)
- Smoky BBQ Shredded Pork
- Thai Chile Local Tofu with Broccoli & Peppers
- Black Beans & Plantains
- Mini Pepperoni & Cheese Pizzas
- Grilled Chicken (Halal), Fries and Vegetable Patties

### Sunday
- Omelets at the Grill
- Chocolate Chip Pancakes
- Waffle Station
- Herb Oil and Olive Rotini Pasta
- Chicken with Cucumber Tomato Relish (Halal)
- Spinach, Mushroom & Parmesan Frittata
- Waffle Station

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

<table>
<thead>
<tr>
<th><strong>Monday</strong></th>
<th><strong>Tuesday</strong></th>
<th><strong>Wednesday</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Spaghetti Pasta with Marinara</td>
<td>Smoked Paprika Rice</td>
<td>Creamini Artichoke Linguine</td>
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<tr>
<td>PlantFare Bolognese Stuffed Zucchini</td>
<td>Chipotle Plant-based Sausage over Red Beans</td>
<td>Roasted Cauliflower &amp; Greens Beans</td>
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<tr>
<td>Spinach Tomato Feta</td>
<td>Blackened Local Tofu with Roasted Corn &amp; Okra</td>
<td>&quot;Parmesan&quot; Crusted Local Tofu over Marinara</td>
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<tr>
<td>Chicken Alfredo (Halal)</td>
<td>Sweet &amp; Smoky Pork Spare Ribs</td>
<td>Baked Swaii with Blistered Tomatoes and Capers</td>
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<tr>
<td>Cod &amp; Shrimp Cioppino</td>
<td>Buffalo Chicken Thighs with Blue Cheese</td>
<td>Basil Chicken Balsamico (Halal)</td>
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<tr>
<td>Garlic Parmesan Bread</td>
<td>Beef Sliders with Barbecue Ranch &amp; Fried Onions</td>
<td>Meat &amp; Vegetarian Stromboli</td>
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<tr>
<td>Creamy Gnocchi Soup</td>
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</tbody>
</table>

| **Thursday**                   | **Friday**                         | **Saturday**                     | **Sunday**                      |
|--------------------------------|------------------------------------|----------------------------------|---------------------------------
| Spanish Rice                   | Vegetable Fried Rice               | Macaroni and Cheese              | Scalloped Potatoes              |
| Refried Beans                  | Sesame Sriracha Tofu with Baby Corn & Bok Choy | Beer Battered Cod with Tartar Sauce | Rotisserie-style Chicken Quarters (Halal) |
| Vegetable Enchiladas with Red Chili & Cotija Cheese | Tomato Curry Rice Noodle with Portobello | BBQ Chicken Thighs (Halal) | Carved Flank Steak with Balsamic Mushrooms |
| Chicken Fajitas (Halal)        | Ginger Scallion Beef & Broccoli    | REDSKIN POTATOES with Peppers & Onions | Chipotle Tomato Rice Stuffed Peppers |
| Carne Asada                    | Orange Glazed Chicken (Halal)      | Navy Beans with Carrots & Kale   | Eggplant Stacks with Mozzarella |
| Tortilla Chips & Chile Con Queso | Chilled Coconut Chai Latte         | Butterfly Shrimp                 |                                  |
| Pozole                         | Brownie & Ice Cream Bar            |                                  |                                  |

- = Vegan  
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gray = Contains Soy  
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