



Baker Kitchen

Week of: 10/21/2019

Chef Jaymeshia

Lunch Menu

Monday

VEGETARIAN DIRTY RICE



BBQ CHICKEN DRUMSTICKS



FRIED CATFISH NUGGETS WITH CAJUN
SPICED TARTAR SAUCE



CREOLE RED BEANS



TOMATO OKRA STEW



CHICKEN GUMBO



JALAPEÑO CHEDDAR CORNBREAD



Tuesday

STEAMED JASMINE RICE



KOREAN BBQ BEEF



GARLIC SOY FRIED BONELESS WINGS



SWEET AND SOUR BRAISED TOFU



NAPA CABBAGE KIMCHI



MISO SOUP



VEGETABLE POTSTICKERS



Wednesday

ROASTED POBLANO RICE PILAF

BEEF BARBACOA

TORTILLA CRUSTED TILAPIA



TEMPEH PICADILLO



REFRIED PINTO BEANS

CHICKEN AND GARBANZO SOUP



Thursday

GARLIC HERB YUKON
POTATOES



HAWAIIAN GARLIC SHRIMP



GRILLED ANDOUILLE SAUSAGE

ROASTED HOISIN EGGPLANT



THAI CHILI JACKFRUIT



CHEESE CURDS WITH
MARINARA



Friday

RANCH SEASONED STEAK FRIES



HAM AND CHEESE CREPES



GRILLED BUFFALO CHICKEN
BREAST



BROCCOLI MAC AND CHEESE



NAVY BEAN STEW



PORK POZOLE

Saturday

Sunday

= Vegan

= Vegetarian

= Contains Gluten

= Contains Soy

= Contains Milk

= Contains Eggs

= Contains Fish

= Contains Shellfish

= Contains Peanuts

= Contains Treenuts

Dinner Menu

Monday

ROASTED BABY BAKERS POTATOES
 GRILLED CHICKEN BREAST WITH ARTICHOKE
 OLIVE RELISH
 LEMON PEPPER COD WITH ARUGULA SALAD
 CHIPOTLE ROASTED TEMPEH WITH PEPPERS
 AND ONIONS
 GRILLED TOFU CUTLETS WITH ROASTED
 BROCCOLI
 FRIED GREEN BEANS AND MUSHROOMS



Tuesday

STEAMED PENNE PASTA
 CREAMY TUSCAN CHICKEN THIGHS
 BEEF AND PORK MEATBALLS
 EGGPLANT STACKS WITH BALSAMIC
 REDUCTION
 PLANT-BASED ITALIAN SAUSAGE
 BOLOGNESE
 GARLIC TOAST



Wednesday

MASHED SWEET POTATOES
 COUNTRY FRIED STEAKS WITH GRAVY
 GARLIC ROASTED CHICKEN LEG QUARTERS
 GREEN HARISSA ROASTED CAULIFLOWER
 AND CARROTS WITH TOFU
 BAKED SWEET BEANS
 HONEY BUTTER BISCUITS



Thursday

STEAMED BASMATI RICE
 INDIAN STYLE BUTTER CHICKEN
 STEAMED MUSSELS IN HEARTY
 TOMATO BROTH
 COCONUT CURRY CHICKPEA
 POTATO STEW
 BABA GHANOUSH
 FRESH PITA BREAD



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