















North Served

Week of: 10/21/2019
















Chef Martin

Lunch Menu





















Monday

- TURMERIC BARLEY & QUINOA
 
- BUTTER CHICKEN

- CHICKPEA & POTATO CURRY

- JERK TOFU WITH MANDARIN JICAMA RELISH
 
- AVOCADO TORTILLA SALAD

- GRILLED CHEESE SANDWICH
   
- TOMATO BASIL SOUP









Tuesday

- ROASTED POTATOES WITH CARAMELIZED ONIONS & CILANTRO

- GRILLED BEEF FAJITAS
- CHARRO STYLE BEANS

- PLANT-BASED CHORIZO WITH POBLANO PEPPERS
  
- BROCCOLI RANCH SALAD
   
- CRISPY CORN NUGGETS
   
- TORTILLA SOUP
 

Wednesday

- GARLIC BASIL PASTA
 
- PARMESAN CRUSTED TILAPIA
   
- SPINACH STUFFED EGGPLANT ROULADE
  
- PLANT-FARE RATATOUILLE
 
- CUCUMBER JICAMA SALAD

- FRIED CHEESE CURDS WITH MARINARA
    
- CHICKEN NOODLE SOUP
  

Thursday

- MACARONI & CHEESE
   
- GRILLED CHICKEN DRUMSTICKS
- CAJUN STYLE RED BEANS

- LOCAL TOFU, BRUSSEL SPROUTS & BUTTERNUT SQUASH
 
- ROASTED BEET & GOAT CHEESE SALAD
 
- CHICKEN TENDERS
 
- CARROT GINGER SOUP


Friday










- AGAVE ROASTED SWEET POTATOES

- BBQ BABY BACK PORK RIBS
- RANCH STYLE BAKED BEANS
















- PESTO PASTA WITH KALAMATA OLIVES & TOMATOES
   
- STRAWBERRY SPINACH SALAD WITH BALSAMIC











- CRISPY YUCA FRIES
 
- SEAFOOD GUMBO
    

Saturday

- GREEN CHILE RICE PILAF

- TERIYAKI GLAZED CHICKEN
 
- SMOKED BBQ SHREDDED PORK
- THAI CHILE TOFU WITH BROCCOLI & RED PEPPERS
 
- BLACK BEAN & PLANTAINS

- MINI PEPPERONI PIZZAS
  








Sunday


- WARM FLOUR TORTILLAS
 
- BRAISED BEEF BARBACOA
- CHILAQUILES & EGG HASH
   
- OMELETS TO ORDER
 
- CHOCOLATE CHIP PANCAKES
    
- SPINACH, QUINOA, & TOFU HASH
 



-  = Vegan
-  = Vegetarian
-  = Contains Gluten
-  = Contains Soy
-  = Contains Milk
-  = Contains Eggs
-  = Contains Fish
-  = Contains Shellfish
-  = Contains Peanuts
-  = Contains Treenuts


Dinner Menu




Monday






PARMESAN MASHED POTATOES
 
 PECAN CRUSTED CHICKEN WITH JALAPEÑO
 CREAM SAUCE
    

BALSAMIC ROASTED MUSHROOMS






SUN-DRIED TOMATO PASTA
 



JACKFRUIT STUFFED POBLANOS




RAMEN BAR
  




STREUSEL COFFEE CAKE
    






Tuesday

BREAKFAST FOR DINNER
 CHICKEN & WAFFLES
   


POTATOES O' BRIEN WITH QUINOA
 


TOFU CHILAQUILES
 


SOUTHWEST EGG SCRAMBLE
  



BLUEBERRY COBBLER WITH ICE CREAM
    






Wednesday


POBLANO RICE


BRAISED PORK CARNITAS
 BLACK BEAN RAGOUT


ROASTED CALABAZA & CORN


GRILLED TOFU CUTLETS WITH TOMATILLO
 SALSA
 

LEMON CURD PIE
    

PHO BAR


Thursday

SPAGHETTI PASTA
 

ITALIAN BEEF MEATBALLS
   

GRILLED HERB CHICKEN
 BREAST
 ALFREDO & MARINARA SAUCE
 

PANKO CRUSTED TOFU
  

CAFÉ LATTE CAKE
    

MARTEL & BROWN ASSOCIATE'S
 NIGHT

Friday





WILD RICE PILAF
 






BRAISED BEEF CHILI
 BUFFALO CHICKEN WINGS
 PLANT-BASED SAUSAGE WITH
 PEPPERS & ONIONS
  


CREAMY POLENTA WITH SPINACH
 & MUSHROOM
  


CHOCOLATE CHIP BROOKIES
    







Saturday

MACARONI & CHEESE
   


BEER BATTERED COD LOIN
    




BBQ GLAZED CHICKEN
 RED SKIN POTATOES WITH
 PEPPERS & LOCAL TOFU



NAVY BEANS WITH CARROTS &
 KALE




CRISPY BUTTERFLY SHRIMP
     




Sunday



HERB ROASTED POTATOES




TENDER BEEF POT ROAST
  



CARVED ROTISSERIE STYLE
 CHICKEN
 HONEY GLAZED CARROTS




TURMERIC RICE & EDAMAME
 



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