



## **Seibel Served**

Week of: 10/21/2019

Chef Kyle

# Lunch Menu

## Monday

WILD RICE WITH KALE & QUINOA



EGGPLANT & CHICKPEA MASALA



GINGER LIME LOCAL TOFU & BROCCOLI



LEMON PEPPER TILAPIA



CHICKEN WITH NIGERIAN RED SAUCE  
(HALAL)

SUN-DRIED TOMATO ARUGULA SALAD



BUFFALO BLUE CHEESE CHICKEN PIZZA  
(HALAL)



## Tuesday

SMOKED PAPRIKA RICE PILAF



CHIPOTLE TOMATO TEMPEH



CORN & POBLANO FLAN



CATFISH PO'BOYS WITH REMOULADE



FESENJAN CHICKEN WITH POMEGRANATE &  
WALNUTS (HALAL)



CHICKEN NOODLE SOUP (HALAL)



SWEET POTATO, KALE HASH TACO: ADD-IN  
OPTIONS ON THE SIDE



## Wednesday

SPAGHETTI PASTA



BALSAMIC ROASTED VEGETABLES



BUTTERY LEMON & GARLIC SHRIMP &  
MUSSELS



CINCINNATI BEEF CHILI (HALAL)

PLANT-BASED BOLOGNESE STUFFED  
PEPPERS



CREAM OF MUSHROOM SOUP



MOROCCAN CHICKEN CREPE (HALAL)



## Thursday

PASTA WITH LEEKS &  
PORTOBELLO



HERB GARBANZO FRITTERS



ZUCCHINI POTATO PANCAKES



GREEK CHICKEN (HALAL)



HAM & CHEDDAR ON PRETZEL  
BUNS



SPRING MIX SALAD WITH  
ASPARAGUS, POTATOES & ITALIAN

PLANT-BASED CHORIZO TACO



## Friday

RED POTATOES WITH ROSEMARY  
& THYME



BAKED SALMON WITH WARM  
TOMATO DILL RELISH



MARGHERITA CHICKEN  
FLATBREAD (HALAL)



WILD RICE & SPINACH STUFFED  
EGGPLANT ROULADE WITH  
MAPINAPO



RED BEANS & BUTTERNUT  
SQUASH



ARUGULA RIBBON ZUCCHINI  
SALAD WITH LEMON VINAIGRETTE



TOMATO BISQUE



## Saturday

GREEN CHILE RICE PILAF



TERIYAKI CHICKEN (HALAL)



SMOKED SHREDDED BBQ PORK



THAI CHILE TOFU WITH BROCCOLI  
& RED PEPPERS



BLACK BEANS & PLANTAINS



MINI PEPPERONI & CHEESE  
PIZZAS



GRILLED CHICKEN, BURGERS &  
FRIES AT THE GRILL

## Sunday

BRUNCH SERVICE WITH OMELETS  
AT THE GRILL



BEEF BARBACOA

HALAL CHICKEN TINGA

SPINACH, FETA & OLIVE FRITTATA



= Vegan

= Vegetarian

= Contains Gluten

= Contains Soy

= Contains Milk

= Contains Eggs

= Contains Fish

= Contains Shellfish

= Contains Peanuts

= Contains Treenuts

# Dinner Menu

## Monday

DIRTY RICE  
 RED BEANS  
 PLANT-BASED SAUSAGE OVER STEWED OKRA  
 CHICKEN IN CAJUN CREAM SAUCE  
 CREOLE SAUSAGE & SHRIMP  
 MAC & CHEESE BITES  
 PEACH COBBLER & ICE CREAM

## Tuesday

GREEN CHILE RICE PILAF  
 VERACRUZ FISH  
 GRILLED FLANK STEAK WITH ARGENTINE RED SAUCE (HALAL)  
 FRIED PLANTAINS OVER BLACK BEANS  
 LOCAL TOFU CUTLET WITH CILANTRO LIME CORN RELISH  
 VEGETABLE TORTILLA SOUP  
 CHURROS

## Wednesday

VEGETABLE FRIED RICE  
 CHICKEN CHAR SIU (HALAL)  
 HONEY WALNUT SHRIMP  
 EGG FOO YOUNG  
 CHILE GARLIC TOFU WITH BABY BOK CHOY  
 SESAME GREEN BEANS  
 LEMONGRASS GINGER TEA

## Thursday

PANFALLET ASTA WITH BUTTERNUT SQUASH IN SAGE CREAM SAUCE  
 ROASTED GARLIC CHICKEN WITH BROCCOLINI (HALAL)  
 SWEDISH MEATBALLS  
 RICOTTA MANICOTTI WITH ROASTED TOMATO SAUCE  
 TUSCAN BEAN MEDLEY  
 LOVETT ASSOCIATE DINNER

## Friday

ROASTED YUKON POTATOES  
 SPINACH TOMATO FETA  
 PARMESAN STYLE EGGPLANT & TOFU  
 BEEF LASAGNA (HALAL)  
 BREADED FLOUNDER FILLET WITH TARTAR SAUCE  
 CHEESE STUFFED BREADSTICKS

## Saturday

DINNER AVAILABLE AT SOUTH AND NORTH SERVERIES

## Sunday

HORSERADISH CHIVE MASHED POTATOES  
 QUINOA & KALE STUFFED ZUCCHINI  
 GREEN BEAN CASSEROLE WITH MUSHROOMS & CRISPY ONIONS  
 COUNTRY FRIED STEAK  
 HERB ROASTED CHICKEN LEG QUARTERS

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 ■ = Contains Gluten     
 ■ = Contains Milk     
 ■ = Contains Fish     
 ■ = Contains Peanuts  
■ = Vegetarian     
 ■ = Contains Soy     
 ■ = Contains Eggs     
■ = Contains Shellfish     
■ = Contains Treenuts