# Lunch Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td><strong>Ancho Rice, Quinoa and Corn Pilaf</strong></td>
<td><strong>Basmati Rice</strong></td>
<td><strong>Rosemary Garlic Potatoes &amp; Onions</strong></td>
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<tr>
<td><strong>Lamb &amp; Root Vegetable Stew (Halal)</strong></td>
<td><strong>Spaghetti Squash with Arugula &amp; Sundried Tomatoes</strong></td>
<td><strong>Cauliflower Steaks with Roasted Corn Salsa</strong></td>
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<tr>
<td><strong>Chipotle Chicken with Fresh Pico (Halal)</strong></td>
<td><strong>Tomato Masala Lentils</strong></td>
<td><strong>Tuscan Bean Medley</strong></td>
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<tr>
<td><strong>Black-eyed Peas with Mustard Greens</strong></td>
<td><strong>Taste of Home: Butter Chicken (Halal)</strong></td>
<td><strong>Basa with Jicama Orange Salad</strong></td>
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<tr>
<td><strong>Sweet Potato, Poblano &amp; Local Tofu</strong></td>
<td><strong>Ham, Pimento &amp; Spinach Pinwheels</strong></td>
<td><strong>Chicken Florentine Sandwich (Halal)</strong></td>
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<tr>
<td><strong>Shrimp Bisque</strong></td>
<td><strong>Cream of Broccoli Soup</strong></td>
<td><strong>Vegetable Rice Soup</strong></td>
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<tr>
<th>Thursday</th>
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<tr>
<td><strong>Wild Rice Pilaf</strong></td>
<td><strong>Sautéed Potatoes with Onions &amp; Parsley</strong></td>
<td><strong>Green Chile Rice Pilaf</strong></td>
<td><strong>Brunch Service with Omelets at the Grill</strong></td>
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<tr>
<td><strong>Navy Beans with Carrots</strong></td>
<td><strong>Spinach &amp; Mushroom Quiche</strong></td>
<td><strong>Teriyaki Chicken (Halal)</strong></td>
<td><strong>Ham &amp; Cheddar Frittata</strong></td>
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<tr>
<td><strong>Rotini Pasta with Olives, Eggplant &amp; Feta Cheese</strong></td>
<td><strong>Green Beans, Red Peppers &amp; Local Tofu</strong></td>
<td><strong>Smoked Shredded BBQ Pork</strong></td>
<td><strong>French Toast with Peaches</strong></td>
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<tr>
<td><strong>Lamb &amp; Beef Gyros with Tzatziki Sauce</strong></td>
<td><strong>Smoked Paprika Roasted Chicken (Halal)</strong></td>
<td><strong>Thai Chili Tofu with Broccoli &amp; Red Peppers</strong></td>
<td><strong>Couscous &amp; Quinoa with Cucumbers &amp; Tomatoes</strong></td>
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<tr>
<td><strong>Roasted Chicken Stew with Potatoes, Kale &amp; Fennel</strong></td>
<td><strong>Fried Flounder with Tartar Sauce</strong></td>
<td><strong>Black Beans &amp; Plantains</strong></td>
<td><strong>Chicken with Artichoke Relish (Halal)</strong></td>
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<tr>
<td><strong>Shaved Zucchini &amp; Arugula Salad with Lemon</strong></td>
<td><strong>Mixed Greens with Garbanzo, Asparagus &amp; Creamy Tomato Soup</strong></td>
<td><strong>Pepperoni &amp; Cheese Pizzas</strong></td>
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<tr>
<td><strong>Hot Cheetos Station</strong></td>
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<td><strong>Grilled Chicken, Vegetable Patties &amp; Fries at the Grill</strong></td>
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- = Vegan  
- = Vegetarian  
- = Contains Gluten  
- = Contains Milk  
- = Contains Soy  
- = Contains Eggs  
- = Contains Fish  
- = Contains Shellfish  
- = Contains Treenuts
### Dinner Menu

#### Monday
- Farfalle Pasta with Sweet Pea Pesto
- Roasted Eggplant, Tomato & Green Beans
- Cheese Manicotti with Marinara
- Tilapia Provencal
- Pan-seared Chicken with Broccoli & Brown Butter (Halal)
- Vegetable Minestrone Soup
- Turkey Burgers & Sweet Potato Fries

#### Tuesday
- Citrus Poblano Rice
- Cheese Enchiladas
- Local Tofu Strips with Portobellos, Peppers & Onions
- Chicken Fajitas (Halal)
- Beef & Pork Meatballs in Chipotle Sauce with Jack Cheese
- Ranchero Bean Soup
- Taco Bar: Fresh Corn Tortillas, Fillings & Toppings

#### Wednesday
- Lemon Ginger Rice
- Sambal Spiced Local Tofu with Squash & Snap Peas
- Chicken Tagine with Butternut Squash (Halal)
- Korean-style Pork Spare Ribs
- Local Bean Sprout Frittata with Shiitake Mushrooms
- Vegetable Eggrolls
- Hot & Sour Soup

#### Thursday
- Wild Mushroom Sage Dressing
- Green Bean Almandine
- Sweet Potato Carrot Mash
- Roasted Brussels Sprouts, Parsnips & Gold Beets
- Brown Sugar Glazed Spiral Sliced Ham
- Roasted Turkey with Gravy
- Carved Flank Steak (Halal)

#### Friday
- Cilantro Lime Rice & Quinoa Pilaf
- Crispy Local Tofu with Plum Sauce, Broccoli & Red Rice Noodle Vegetable Stir-fry
- Spicy Sambal Chicken Thighs (Halal)
- Pork al Pastor with Green Onions & Pineapple

#### Saturday
- Redskin Potatoes with Peppers & Onions
- Navy Beans with Carrots & Kale
- Macaroni & Cheese
- BBQ Chicken (Halal)
- Battered Cod with Tartar Sauce
- Butterfly Shrimp with Cocktail Sauce
- Grilled Chicken, Vegetable Patties & Fries at the Grill

#### Sunday
- Baby Baker Potatoes & Brussels Sprouts
- Oumph with Roasted Green Beans, Mushrooms & Onions
- Baked Pasta Primavera
- Chicken Cacciatore Stew (Halal)
- Carved Beef Strip Loin

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- Indicates an ingredient or ingredient combination.