Baker College Kitchen

Week of: 9/28/2015
Chef Derrix
### Lunch Menu

#### Monday
- **Chicken and Biscuit Dumplings**
- **Sweet Potato Fries**
- **Vegetable Pearl Couscous**
- **Salami Provolone Panini**
- **Steamed Broccoli and Carrots**
- **Rice noodle Vegetable Soup**

#### Tuesday
- **Italian Meat Balls with Marinara Sauce**
- **Spaghetti Pasta / Gluten-free Pasta**
- **Vegetable Quiche Pie**
- **Baked Lemon Pepper Drumsticks**
- **Cabbage with Apples and Red beets**
- **Beef and Barley Soup**

#### Wednesday
- **Chopped BBQ Beef Sliders**
- **Roasted Steak Fries**
- **Vegetable Quinoa and Tofu**
- **Baked Tilapia with Pico relish**
- **Fresh Cauliflower**
- **Chicken noodle soup**

#### Thursday
- **Chicken Carbonitas Taco Meat with Soft Corn**
- **Mexican Rice**
- **Vegetable Crumble Tacos**
- **Pork Cabonitas**
- **Roasted Acorn Squash**
- **Baked Tilapia with Pico relish**

#### Friday
- **Fried Flounder Zesty Tartar Sauce**
- **Fried Corn on the Cob**
- **Cheese Ravioli with Pesto Sauce**
- **Grilled Chicken Breast Santea Fe**
- **Fresh Broccoli and Okra Stew**
- **Kielbasa**

#### Saturday
- **Roast Beef Fries**
- **Salami Provolone Panini**
- **Fresh Cauliflower**
- **Vegetable quinoa and Tofu**
- **Steamed Broccoli and Carrots**
- **Baked Lemon pepper Drumsticks**

#### Sunday
- **Chopped BBQ Beef Sliders**
- **Roasted Steak Fries**
- **Vegetable Quinoa and Tofu**
- **Baked Tilapia with Pico relish**
- **Fresh Cauliflower**
- **Chicken noodle soup**

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## Dinner Menu

### Monday
- **Chicken Picatta**
- **Steamed Potatoes**
- **Red Beans and Rice with Jalapeño Cornbread**
- **Roasted Pork Loin with Baked Cinnamon Apples**
- **Steamed Zucchini Red Peppers**
- **Caesar Salad**
- **Lentil Bean Soup**

### Tuesday
- **Burger Bar**
- **Beef Burgers and Buns**
- **Curly Fries**
- **Black Bean and Veggie Burgers**
- **Roasted Mixed Squash with Steamed Sweet Peas**
- **Grilled Chicken Breast**
- **Spring Mix Salad**
- **Baked Apple Pies**

### Wednesday
- **Fresh Salmon with Citrus Sauce**
- **Lemon Risotto**
- **Tofu with Plum Sauce and Noodles**
- **Grilled Chicken with Apple Sauce**
- **Fresh Broccoli and Baby Corn**
- **Spinach Orange Salad Miso Dressing**
- **Chicken Noodle Soup**

### Thursday
- **Beef and Mushroom Burgundy**
- **Egg Noodles**
- **Eggplant Stew with Pomegranate Sauce**
- **Roasted Lemon Rosemary Chicken Breast**
- **Baked Apples with Maple Walnut Sauce**
- **Fresh Green Beans**
- **Tossed Salad with Apples and Italian Vinaigrette**

### Friday
- **Roasted Lemon Rosemary Chicken Breast**
- **Baked Apples with Maple Walnut Sauce**
- **Fresh Green Beans**
- **Tossed Salad with Apples and Italian Vinaigrette**

### Saturday
- **DINNER ON YOUR OWN.... RICE VILLAGE IS NICE!**

### Sunday
- **Roasted Mixed Squash with Steamed Sweet Peas**
- **Grilled Chicken with Apple Sauce**
- **Red Beans and Rice with Jalapeño Cornbread**
- **Roasted Pork Loin with Baked Cinnamon Apples**
- **Steamed Zucchini Red Peppers**
- **Caesar Salad**
- **Lentil Bean Soup**

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**Symbols:**
- **= Vegan**
- **= Contains Gluten**
- **= Contains Milk**
- **= Contains Fish**
- **= Contains Sheep's Milk**
- **= Contains Soy**
- **= Contains Eggs**
- **= Contains Treenuts**
- **= Contains Peanuts**
- **= Contains Treenuts**

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