Baker College Kitchen

Week of: 10/26/2015
Chef Derrix
<table>
<thead>
<tr>
<th>Lunch Menu</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td></td>
<td>Turkey Meatball Provolone Sub with Marinara Sauce</td>
<td>Baked Beef Rigatoni Casserole</td>
<td>Baked Tilapia with Lemon Caper Vinaigrette</td>
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<td></td>
<td>Vegetarian Wild Rice Pilaf</td>
<td>Herb Roasted Red Potatoes</td>
<td>Curly Fries</td>
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<td></td>
<td>Vegetable Curry Chickpeas</td>
<td>Lentil Beans Potato Stew</td>
<td>Orzo Pasta with Vegetable</td>
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<td></td>
<td>Citrus Marinated Grilled Chicken Breast</td>
<td>Buffalo Chicken Wings</td>
<td>Grilled Tuscan Cheddar Cheese Sourdough Sandwich</td>
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<td></td>
<td>Sautéed Swiss Chard / Steamed Baby Carrots with Texas Honey</td>
<td>Fresh Green Beans with Almonds / Sweet Corn</td>
<td>Roasted Spicy Cauliflower</td>
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<td>Potato White Cheddar Soup</td>
<td>Chicken Noodle Soup</td>
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<td></td>
<td>Spiced Sweet Potato Soup with Toasted Pumpkins Seeds</td>
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<td>Thursday</td>
<td>King Ranch Chicken Casserole</td>
<td>Chicken Breast with Greek Vinaigrette</td>
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<td></td>
<td>Vegetable Spanish Rice</td>
<td>Spanish Paprika Seasoned Potatoes</td>
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<td></td>
<td>Cheese Enchiladas</td>
<td>Pasta with Marinara sauce</td>
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<td></td>
<td>Refried Black Beans</td>
<td>Spanish Seafood Paella</td>
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<td></td>
<td>Roasted Zucchini</td>
<td>Fresh Broccoli and Baby Carrots</td>
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<td></td>
<td>Fried Chicken Tenders</td>
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<td>Broccoli Cheddar Soup</td>
<td>Beef Chili Soup</td>
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<td>Friday</td>
<td>Fajita with Cilantro and Lime Juice</td>
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<td>Fresh Broccoli and Baby Carrots</td>
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- = Contains Shellfish
= Contains Fish
= Contains Treenuts
= Contains Eggs
= Contains Soy
= Contains Gluten
= Contains Milk
= Contains Vegetarian
= Contains Gluten
## Dinner Menu

### Monday
- **Chicken Mushroom Marsala**
- **Wide Egg Noodles**
- **Kidney Beans Sauté with Butternut Squash**
- **Shrimp Scampi wine BUTTER SAUCE**
- **Fresh Cabbage / Fresh Asparagus**
- **Caesar Salad**

### Tuesday
- **Chicken Fried Steak with Gravy**
- **Garlic Mashed Potatoes**
- **Potato Cauliflower Curry**
- **ROASTED LEMON PEPPER CHICKEN**
- **FRESH BROCCOLI AND CARROTS**
- **Strawberry Mixed Green Salad with Lemon Vinaigrette**

### Wednesday
- **Baked Salmon with Mango Citrus BUTTER**
- **Steamed Healthy Brown Rice**
- **Black Eyed Peas and Okra Stew**
- **Carved Beef Inside Round with Au Jus**
- **Baked Acorn Squash / Fresh Green Beans with Jicama**

### Thursday
- **Grilled Orange Chicken Breast**
- **Jasmine Rice**
- **Couscous with Chick Peas Tomato Edamame**
- **Vegetarian Egg Rolls**
- **Fresh Sautéed Spinach with Unsalted Butter / Steamed**
- **Pork Egg Rolls**
- **Spinach Pear Pecan Salad with Blue Cheese Dressing**

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

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

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

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- **= Contains Shellfish**
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- **= Contains Peanuts**
- **= Vegetarian**