Baker College Kitchen

Week of: 11/9/2015
Chef Derrix
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>CHICKEN TETRAZZINI CASSEROLE</td>
<td>BUFFALO CHICKEN DRUMMETTES</td>
<td>SHRIMP FRIED RICE</td>
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<tr>
<td>SWEET POTATO WAFFLE FRIES</td>
<td>ROASTED RED POTATOES</td>
<td>STEAMED CORN</td>
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<tr>
<td>QUINOA WITH CHICKPEAS VEGETABLES</td>
<td>SPINACH MUSHROOM CREPE WITH BASIL CREAM SAUCE</td>
<td>LOCAL TOFU STIR FRY WITH NAPPA CABBAGE</td>
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<tr>
<td>HOT HAM SALAMI AND SWISS PANINI MUSTARD DIJON MAYO</td>
<td>TILAPIA GRATINATA WITH TARTAR SAUCE</td>
<td>SEASME SEED GREEN BEANS</td>
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<tr>
<td>FRESH GREEN BEANS AND ROASTED RED PEPPERS</td>
<td>STEAMED YELLOW SQUASH WITH PUMPKIN SEEDS</td>
<td>GRILLED CHICKEN BREAST WITH ZESTY ORANGE SAUCE</td>
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<tr>
<td>Corn Chowder Soup</td>
<td>Vegetable Tuscan Soup</td>
<td>Chicken Noodle Soup</td>
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<thead>
<tr>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>CHICKEN ENCHILADS WITH VERDE SAUCE</td>
<td>CHICKEN CREOLE</td>
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<tr>
<td>CILANTRO RICE</td>
<td>SAFARON RICE PILAF</td>
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<tr>
<td>REFRIED BLACK BEANS</td>
<td>VEGETABLE ORZO PASTA WITH SPINACH</td>
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<tr>
<td>CHILI CON QUESO AND CHILI CON CARNE</td>
<td>FRIED POPCORN SHRIMP WITH REMOULADE SAUCE</td>
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<tr>
<td>Roasted Mexican Squash</td>
<td>MIXED FRESH VEGETABLES</td>
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<td>Tortilla Chips</td>
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<tr>
<td>POSOLE SOUP</td>
<td>Seafood Gumbo served with Steamed White Rice</td>
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</table>

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

### Monday
- **Smoked Chicken with House Smoky BBQ**: Vegan, contains gluten, contains soy
- **Steamed Rice**: Vegetarian, contains gluten, contains soy
- **Cajun Red Beans**: Vegetarian, contains gluten, contains soy, contains milk
- **Chili Macaroni Casserole**: Vegetarian, contains gluten, contains soy, contains milk, contains eggs
- **Grilled Vegetables / Tomato Parmesano**: Vegetarian, contains gluten, contains soy
- **Corn Bread**: Vegetarian, contains gluten, contains soy, contains milk, contains eggs
- **Caesar Salad**: Vegetarian, contains gluten, contains soy, contains eggs

### Tuesday
- **Baker Associates Night**: Does not contain any known allergens

### Wednesday
- **Chicken Alfredo**: Does not contain any known allergens
- **Fettuccine Pasta**: Does not contain any known allergens
- **Baked Eggplant Casserole**: Does not contain any known allergens
- **Baked Cod Fish White Wine Butter Sauce**: Does not contain any known allergens
- **Steamed Asparagus/ Baby Carrots**: Does not contain any known allergens

### Thursday
- **Beef and Chicken Fajitas with Flour Tortillas**: Vegetarian, contains gluten, contains soy, contains milk
- **Spanish Rice and Charro Beans**: Vegetarian, contains gluten, contains soy, contains milk
- **Sauteed Tempeh**: Vegetarian, contains gluten, contains soy, contains milk
- **Sweet Carrots and Broccoli**: Vegetarian, contains gluten, contains soy, contains milk
- **Spring Mix w/ Toasted Walnuts, Goat Cheese Basil**: Vegetarian, contains gluten, contains soy, contains milk

### Friday
- **Dinner on Your Own.... Rice Village is Nice!**: Does not contain any known allergens

### Saturday
- **Dinner on Your Own.... Rice Village is Nice!**: Does not contain any known allergens

### Sunday
- **Dinner on Your Own.... Rice Village is Nice!**: Does not contain any known allergens

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### Allergen Symbols
- **Vegan**: 
- **Vegetarian**: 
- **Contains Gluten**: 
- **Contains Soy**: 
- **Contains Milk**: 
- **Contains Eggs**: 
- **Contains Fish**: 
- **Contains Shellfish**: 
- **Contains Peanuts**: 
- **Contains Treenuts**: 

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