Baker College Kitchen

Week of: 11/2/2015
Chef Derrix
### Lunch Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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</thead>
<tbody>
<tr>
<td><strong>Chicken and Vegetables Curry</strong> ✓</td>
<td><strong>Beef Meat sauce</strong> ✓</td>
<td><strong>Beef and Broccoli</strong> ✓</td>
</tr>
<tr>
<td><strong>Basmati Rice</strong> ✓</td>
<td><strong>Healthy Whole Wheat Spaghetti Pasta / Marinara sauce</strong> ✓</td>
<td><strong>Fried Rice</strong> ✓</td>
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<tr>
<td><strong>Garbanzo Beans Stew</strong> ✓</td>
<td><strong>Three Pepper Roasted Tofu Thai Chili Sauce</strong> ✓</td>
<td><strong>Vegetable Fritatta with Swiss Cheese</strong> ✓</td>
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<tr>
<td><strong>American Grilled Cheese on Texas Toast</strong> ✓</td>
<td><strong>Toasted Smoked Turkey Provolone Croissant Sandwich</strong> ✓</td>
<td><strong>Baked Cajun-Seasoned Cod Fish Lemon Butter</strong> ✓</td>
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<tr>
<td><strong>Steamed Broccoli and Cauliflower</strong> ✓</td>
<td><strong>Roasted Local Squash Medley from Atkinson Farms</strong> ✓</td>
<td><strong>Steamed Cabbage and Sweet Corn</strong> ✓</td>
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<tr>
<td><strong>Vegan Tomato Basil Soup</strong> ✓</td>
<td></td>
<td><strong>Chicken Noodle Soup - Gluten-Free Soup Available on Request</strong> ✓</td>
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<table>
<thead>
<tr>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td><strong>Beef Crispy Taco with Fixin’s</strong> ✓</td>
<td><strong>Fried Flounder with Jalapeno Tartar sauce</strong> ✓</td>
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<tr>
<td><strong>Fiesta Rice and Seasoned Pinto beans</strong> ✓</td>
<td><strong>Savory Rice Pilaf</strong> ✓</td>
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<tr>
<td><strong>Mexican Seasoned Vegetarian Crumbles</strong> ✓</td>
<td><strong>Cheese Ravioli with Alfredo Cream Sauce</strong> ✓</td>
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<tr>
<td><strong>Farmers Market Grilled Asparagus and Yellow</strong> ✓</td>
<td><strong>Grilled Chicken Breast with Chipotle Cream Sauce</strong> ✓</td>
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<td></td>
</tr>
<tr>
<td><strong>Cream of Carrot Soup</strong> ✓</td>
<td><strong>Fresh Vegetable Medley with Squash and Carrots</strong> ✓</td>
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</tr>
</tbody>
</table>

- **Vegan** ✓
- **Contains Gluten** ✓
- **Contains Milk** ✓
- **Contains Fish** ✓
- **Contains Peanuts** ✓
- **Contains Soy** ✓
- **Contains Eggs** ✓
- **Contains Shellfish** ✓
- **Contains Treenuts** ✓
## Dinner Menu

### Monday
- **Greek Salad with Greek Vinaigrette**
- **Chicken Cacciatore**
- **Macaroni n' Cheese**
- **Yukon Gold Steak Fries**
- **Spanish Kale with Navy Fresh Beans**
- **Oven-Baked Cinnamon Chipotle Catfish with Sweet Cole Slaw**
- **Honey Glazed Carrots (Local Honey) and Green Beans**
- **Caesar Salad**

### Tuesday
- **Grilled Chicken Breast with Pesto Sauce**
- **Mashed Potatoes**
- **Vegetable Stir Fry and Rice Noodles**
- **Chicken Fried Steak with Gravy**
- **Local Green Bean Medley from Atkinson Farms**
- **Mandarin Orange Spinach Salad with Lemon Vinaigrette**

### Wednesday
- **Char-Grilled Pork Chops with Maple Brown Sugar Glaze**
- **Vegetable Cornbread Dressing and Cranberry Sauce**
- **Baked Green Bean Casserole**
- **Fresh Green Beans and Candied Yams and Toasted Pecans**
- **Carved Roasted Turkey with Turkey Gravy**
- **Fresh Kale Salad with Toasted Almonds and Miso Dressing**

### Thursday
- **Chicken Cacciatore**
- **Macaroni n' Cheese**
- **Three Bean Stew**
- **Pecan-Smoked Pork and Beef Sausage**
- **Succotash and Steamed Broccoli**
- **Greek Salad with Greek Vinaigrette**

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