



Seibel Served

Week of: 1/20/20

Chef Kyle

Lunch Menu

Monday

WHOLE GRAIN COUSCOUS QUINOA PILAF

CHICKEN KOFTE (HALAL)

FRIED FLOUNDER WITH TARTAR SAUCE

ROASTED EGGPLANT & BROCCOLI

POLENTA WITH OLIVE, SWEET ONION & TOMATO SALAD

GREEK SALAD

CREAMY CURRIED SWEET POTATO BISQUE

Tuesday

SAUTÉED POTATOES & KALE

SPINACH TOMATO FETA

CAULIFLOWER PARSNIP PUREE WITH ROASTED BROCCOLI & ALMONDS

TILAPIA GRATINATA

CHICKEN WITH SUN-DRIED TOMATOES AND OLIVE RELISH (HALAL)

SHAVED ZUCCHINI & ARUGULA SALAD WITH LEMON VINAIGRETTE

CRISPY SHRIMP TACO WITH CHILE AIOLI

Wednesday

SRIRACHA RANCH CHICKEN WRAP (HALAL)

VEGETABLE RICE PILAF

PORK PAPRIKASH

LOCAL TOFU WITH PLANTAINS & BLACK BEAN SALSA

SWEET POTATO FRITTER CAKES WITH MANGO-APPLE CHUTNEY

CORN CHOWDER

CHEESY CHICKEN & BACON CREPE

Thursday

CHICKEN & DUMPLINGS (HALAL)

ROASTED RED POTATOES

PORK CUBANO SANDWICH

CAULIFLOWER FLATBREAD: PEPPER SPREAD, GOAT CHEESE,

ZUCCHINI CAKES

SPRING VEGETABLE SALAD WITH HOUSE ITALIAN

OUMPH TINGA TACO

Friday

SWEET CHILE GLAZED SWEET POTATOES & CAULIFLOWER

TOGARASHI ROASTED BROCCOLI & CHICKPEAS

EDAMAME & CORN STUFFED CREPE

COCONUT CURRY COD

ROASTED GARLIC PEPPER CHICKEN (HALAL)

WONTON ROMAINE SALAD

Saturday

GREEN CHILE RICE

TERIYAKI CHICKEN (HALAL)

SHREDDED BARBECUE PORK

THAI LOCAL TOFU WITH BROCCOLI & RED PEPPERS

BLACK BEANS & PLANTAINS

HALAL CHICKEN, VEGETABLE PATTIES & FRIES AT THE GRILL

PEPPERONI & CHEESE PIZZAS

Sunday


BRUNCH SERVICE WITH OMELETS AT THE GRILL



WAFFLES WITH STRAWBERRY SAUCE



PASTA PRIMAVERA



BALSAMIC CHICKEN WITH ROASTED TOMATOES (HALAL)



SMOKED SAUSAGE WITH PEPPERS & ONIONS

 = Vegan
 = Vegetarian

 = Contains Gluten
 = Contains Soy

 = Contains Milk
 = Contains Eggs

 = Contains Fish
 = Contains Shellfish

 = Contains Peanuts
 = Contains Treenuts

Dinner Menu

Monday

STEAMED WHITE RICE



ANDOUILLE SAUSAGE & SHRIMP CREOLE



CHICKEN WITH CREAMY MUSHROOM SAUCE
(HALAL)



BUTTERNUT SQUASH & WHITE BEAN
CASSOULET



LOCAL TOFU CUTLETS OVER OKRA TOMATO
RAGOUT



ZUCCHINI FRIES



MUSHROOM SWISS TURKEY BURGERS



Tuesday

LINGUINE PASTA



PARMESAN CHICKEN



BEEF BOLOGNESE (HALAL)

RICOTTA STUFFED SHELLS IN TOMATO

CREAM SAUCE



PLANT-BASED SAUSAGE WITH GREEN BEANS,
PORTOBELLO & PEPPERS



ITALIAN WEDDING SOUP



Wednesday

JASMINE RICE



GINGER CHICKEN STIR-FRY (HALAL)



SESAME SOY GLAZED SALMON



STIR-FRIED VEGETABLE RICE NOODLES

HOISIN TOFU WITH GREEN BEANS



VEGETABLE EGGROLLS



OKONOMIYAKI AT THE GRILL



Thursday

SPANISH RICE



CILANTRO JALAPENO CHICKEN
(HALAL) WITH JACK CHEESE



BEEF PICADILLO



JICAMA ORANGE SALAD OVER
PAN-ROASTED LOCAL TOFU



SAUTÉED CABBAGE, POTATO &
POBLANO



VEGETABLE TORTILLA SOUP



Friday

OLIVE OIL & PARSLEY MASHED
POTATOES



SLOW-ROASTED MESQUITE
CHICKEN (HALAL)

COUNTRY FRIED STEAK WITH

CREAMY PEPPER GRAVY



SWEET-N-TANGY BAKED BEANS



SAUTÉED LOCAL TOFU WITH
VEGETABLE RATATOUILLE



BROCCOLI CHEDDAR SOUP



Saturday

MACARONI & CHEESE



BEER BATTERED CATFISH



BARBECUE CHICKEN (HALAL)

ROASTED REDSKIN POTATOES
WITH PEPPERS & ONIONS

NAVY BEANS WITH CARROTS &
KALE

BUTTERFLIED SHRIMP WITH

COCKTAIL SAUCE



Sunday

SMOKED PAPRIKA RICE WITH
ROASTED CORN



BLACKENED SWAI WITH LEMON
VINAIGRETTE



FLANK STEAK CHIMICHURRI
(HALAL)

QUINOA WITH ROASTED
CAULIFLOWER & BRUSSELS



RED BEANS WITH KALE



= Vegan
 = Vegetarian

= Contains Gluten
 = Contains Soy

= Contains Milk
 = Contains Eggs

= Contains Fish
 = Contains Shellfish

= Contains Peanuts
 = Contains Treenuts