<table>
<thead>
<tr>
<th>Lunch Menu</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Whole Grain Couscous Quinoa Pilaf</td>
<td>Sautéed Potatoes &amp; Kale</td>
<td>Sriracha Ranch Chicken Wrap (Halal)</td>
</tr>
<tr>
<td></td>
<td>Chicken Kofte (Halal)</td>
<td>Spinach Tomato Feta</td>
<td>Vegetable Rice Pilaf</td>
</tr>
<tr>
<td></td>
<td>Fried Flounder with Tartar Sauce</td>
<td>Cauliflower Parsnip Puree with Roasted Broccoli &amp; Almonds</td>
<td>Pork Paprikash</td>
</tr>
<tr>
<td></td>
<td>Roasted Eggplant &amp; Broccoli</td>
<td>Tilapia Gratina</td>
<td>Local Tofu with Plantains &amp; Black Bean Salsa</td>
</tr>
<tr>
<td></td>
<td>Polenta with Olive, Sweet Onion &amp; Tomato Salad</td>
<td>Chicken with Sun-dried Tomatoes and Olive Relish (Halal)</td>
<td>Sweet Potato Fritter Cakes with Mango-Apple Chutney</td>
</tr>
<tr>
<td></td>
<td>Greek Salad</td>
<td>Shaved Zucchini &amp; Arugula Salad with Lemon Vinaigrette</td>
<td>Corn Chowder</td>
</tr>
<tr>
<td></td>
<td>Creamy Curried Sweet Potato Bisque</td>
<td>Crispy Shrimp Taco with Chile Aioli</td>
<td>Cheesy Chicken &amp; Bacon Crepe</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken &amp; Dumplings (Halal)</td>
<td>Sweet Chile Glazed Sweet Potatoes &amp; Cauliflower</td>
<td>Green Chile Rice</td>
<td>Brunch Service with Omelets at the Grill</td>
</tr>
<tr>
<td>Fried Red Potatoes</td>
<td>Togarashi Roasted Broccoli &amp; Chickpeas</td>
<td>Teriyaki Chicken (Halal)</td>
<td>Waffles with Strawberry Sauce</td>
</tr>
<tr>
<td>Pork Cubano Sandwich</td>
<td>Edamame &amp; Corn Stuffed Crepe</td>
<td>Shredded Barbecue Pork</td>
<td>Pasta Primavera</td>
</tr>
<tr>
<td>Cauliflower Flatbread: Pepper Spread, Goat Cheese, Zucchini Cakes</td>
<td>Coconut Curry Cod</td>
<td>Thai Local Tofu with Broccoli &amp; Red Peppers</td>
<td>Balsamic Chicken with Roasted Tomatoes (Halal)</td>
</tr>
<tr>
<td>Spring Vegetable Salad with House Italian</td>
<td>Roasted Garlic Pepper Chicken (Halal)</td>
<td>Black Beans &amp; Plantains</td>
<td>Smoked Sausage with Peppers &amp; Onions</td>
</tr>
<tr>
<td>Oumph Tinga Taco</td>
<td>Wonton Romaine Salad</td>
<td>Halal Chicken, Vegetable Patties &amp; Fries at the Grill</td>
<td>Pepperoni &amp; Cheese Pizzas</td>
</tr>
</tbody>
</table>

= Vegetarian  
= Contains Gluten  
= Contains Milk  
= Contains Soy  
= 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
- Beer Battered Catfish
- Barbecue Chicken (Halal)
- Roasted Redskin Potatoes with Peppers & Onions
- Navy Beans with Carrots & Kale
- Butterflied Shrimp with Cocktail Sauce

|= Vegan = Contains Gluten = Contains Milk = Contains Fish |
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