Seibel Servery

Week of: 1/13/20
Chef Kyle
### Lunch Menu

#### Monday
- **Brown Rice Pilaf with Mushrooms & Red Peppers**
- **Red Beans with Plant-based Sausage & Kale**
- **Zucchini and Potato Quiche**
- **Spanish-style Chicken Stew (Halal)**
- **Flounder with Mandarin and Jicama Slaw**
- **Honey Sriracha Chicken Sliders**
- **Vegetable Rice Soup**

#### Tuesday
- **Roasted Eggplant, Potatoes & Green Beans**
- **Edamame Cakes with Carrots & Lemon Tahini Dressing**
- **Cheese Tortellini in Tomato Cream Sauce**
- **Chicken Thighs with Caramelized Onions & Tomatoes (Halal)**
- **Pressed Ham, Swiss Sandwich with Raspberry Chipotle Jam**
- **Vegetable Minestrone**
- **Shrimp Taco with Sweet Chili Sauce**

#### Wednesday
- **Steak Fry Potatoes**
- **Braised Cabbage with Plant-based Sausage**
- **Butternut Squash, Goat Cheese & Pepita Flatbread**
- **Chicken with Sweet Pea Pesto (Halal)**
- **Italian Meatball Sub**
- **Margherita Pasta Salad**
- **Creamy Spinach Artichoke Crepe**

#### Thursday
- **Sofrito Rice**
- **Coconut Curry Sweet Potatoes & Plantains**
- **Grilled Local Tofu with Black Bean Salsa**
- **Mojo Chicken (Halal)**
- **Shrimp Po-Boy with Spicy Remoulade**
- **Beef Sliders with Cheese & Caramelized Onions**
- **French Onion Crepe with Swiss Cheese Sauce**

#### Friday
- **Basmati Rice with Peas & Pearl Onions**
- **Tandoori Spiced Chicken with Mint Raita (Halal)**
- **Cheddar Beef Pastries**
- **Kashmiri Local Tofu**
- **Black-eyed Pea Fritters with Plant-based Ranch Dip**
- **Bacon & Blue Cheese Chopped Salad**
- **Tomato Basil Soup**

#### Saturday
- **Southwest Rice**
- **Beef Tacos**
- **Chicken Tomatillo (Halal)**
- **Black Bean, Corn and Tofu Cheese Enchiladas**
- **Grilled Chicken (Halal), Veggie Patties**
- **Mini Pepperoni and Cheese Pizzas**

#### Sunday
- **Omelets at the Grill**
- **Waffle Station**
- **Couscous & Quinoa with Broccoli**
- **Lemon Pepper Cod**
- **Baked Chicken with Tomato Vinaigrette (Halal)**
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- = Vegan
- = Vegetarian
- = Contains Gluten
- = Contains Soy
- = Contains Milk
- = Contains Eggs
- = Contains Fish
- = Contains Shellfish
- = Contains Peanuts
- = Contains Treenuts
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td><strong>Creamy Sage Farfalle Pasta:</strong></td>
<td><strong>Herb and Olive Oil Smashed Potatoes</strong></td>
<td><strong>Garden Vegetable Rice</strong></td>
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<tr>
<td>Butternut Squash</td>
<td>Honey Mustard Chicken with Sautééd Spinach (Halal)</td>
<td>Char Siu style Chicken (Halal)</td>
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<tr>
<td>Grilled Cauliflower Steaks with Corn Relish</td>
<td>Strip Loin Steaks with Homemade Steak Sauce</td>
<td>Salmon with Grilled Pineapple &amp; Hoisin</td>
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<tr>
<td>Squash Noodles: Sun-dried Tomatoes, Olives, Crispy Chickpeas</td>
<td>Eggplant Steaks over Mashed Celery Root</td>
<td>Sweet and Sour Local Tofu</td>
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<tr>
<td>Pan-Fried Chicken Scaloppini (Halal)</td>
<td>Tuscan Bean Medley</td>
<td>Turnip Cakes</td>
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<tr>
<td>Pork Tenderloin with Sherry Mushrooms</td>
<td>Arugula Salad with Strawberries &amp; Almonds</td>
<td>Crispy Egg Rolls</td>
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<tr>
<td>Tomato Soup</td>
<td>Cheddar Chive Potato Soup</td>
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<tr>
<td>Chopped Salad with Green Beans &amp; Hardboiled Eggs</td>
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<td>Kim Chi Fries</td>
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<table>
<thead>
<tr>
<th>Thursday</th>
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<tr>
<td><strong>Cilantro Lime Rice</strong></td>
<td><strong>Macaroni &amp; Cheese</strong></td>
<td><strong>Baked Chicken Pasta (Halal)</strong></td>
<td><strong>Herb Egg Noodles</strong></td>
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<tr>
<td><strong>Beef Fajitas</strong></td>
<td><strong>Barbecue Chicken Thighs (Halal)</strong></td>
<td><strong>Gyro Sandwich</strong></td>
<td><strong>BEEF STROGANOFF</strong></td>
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<tr>
<td><strong>Shredded Chicken Tinga (Halal)</strong></td>
<td><strong>Golden Fried Catfish</strong></td>
<td><strong>RED QUINOA, RICE AND CHICKPEAS</strong></td>
<td><strong>Chicken with Artichokes &amp; Mushrooms (Halal)</strong></td>
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<tr>
<td><strong>Jackfruit &amp; Refried Bean Tostadas</strong></td>
<td><strong>Green Chile Northern Beans</strong></td>
<td><strong>TORTELLINI PESTO</strong></td>
<td><strong>Baked Manicotti</strong></td>
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<tr>
<td><strong>Chipotle Tomato Tempeh Stew</strong></td>
<td><strong>Braised Mustard Greens with Smoky PlantFare</strong></td>
<td><strong>WAFFLE FRIES</strong></td>
<td><strong>Black-eyed Pea and Lentil Stew with Brown Rice</strong></td>
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<tr>
<td><strong>Tajin Corn on the Cob</strong></td>
<td><strong>Cornbread</strong></td>
<td><strong>Grilled Chicken (Halal), Veggie Patties</strong></td>
<td><strong>Roasted Turkey</strong></td>
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<tr>
<td><strong>Fiesta Tortilla Salad</strong></td>
<td><strong>Brownies and Ice Cream</strong></td>
<td><strong>BUTTERFLY SHRIMP</strong></td>
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