



West Served

Week of: 1/20/20

Chef Roger

Lunch Menu

Monday

- GARLIC HERB PASTA
- SHRIMP MUSSELS CIOPPINO
- SMOKED PORK SAUSAGE WITH PEPPERS AND ONIONS
- RICE PLANTAIN CURRY
- TOFU STIR FRY WITH SWEET POTATO AND GARLIC CHILI
- BACON RANCH PIZZA
- MARGARITA PIZZA

Tuesday

- WILD RICE WITH HERBS
- SMOKED TURKEY LEGS IN NAVY BEAN RAGOUT
- STUFFED SHELLS WITH RICOTTA
- SEARED DUCK BREAST WITH SPICY PLUM SAUCE
- WHOLE GRAIN RED QUINOA WITH MANDARIN ORANGE AND EDAMAME
- BUFFALO CHICKEN PIZZA WITH BLUE CHEESE
- ARTICHOKE PESTO PIZZA

Wednesday

- PHILLY STEAK SANDWICH
- SEASONED STEAK FRIES
- WHOLE GRAIN FARRO WITH KALE AND CRANBERRY
- BIG FRESH SALMON WITH HOLLANDAISE SAUCE
- GARBANZO TOMATO CHIPOTLE
- PROSCIUTTO SPINACH PIZZA
- GARLIC PARMESAN POTATO PIZZA

Thursday

- BASMATI RICE
- BRAISED ANCHO CHILE BEEF
- GREEN CURRY FISH
- POTATO CAULIFLOWER BEAN
- EGG CURRY
- BBQ CHICKEN PIZZA
- BLACK BEAN TOSTADA PIZZA

Friday

- CREOLE RICE
- BLACKENED CATFISH WITH PICO DE GALLO
- CHICKEN WITH TOMATO BASIL SAUCE
- PASTA PESTO WITH SUNDRIED TOMATO
- RATATOUILLE
- BACON JALAPENO POPPER PIZZA
- VEGETABLE SUPREME

Saturday

BREAKFAST AND LUNCH AVAILABLE AT NORTH AND SEIBEL SERVERY

Sunday

- MINI WAFFLE WITH STRAWBERRY COMPOTE
- GREEN RICE WITH TOFU
- BEEF BARBACOA TACO WITH FRESH SALSA
- EGGPLANT PASTA BAKE
- STIR FRY TOFU WITH CABBAGE AND GARLIC SESAME

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

Dinner Menu

Monday

- FRIED RICE
- SWEET AND SOUR COD FISH
- GRILLED CHICKEN WITH HONEY SOY GLAZE
- SPINACH PARMESAN STREUDEL
- LENTIL STEW
- CAULIFLOWER HOISIN
- GREEK SALAD

Tuesday

- YUKON GOLD POTATO
- GRILLED BEEF FLANK STEAK
- TILAPIA FISH IN GREEN HATCH CHILE SAUCE
- BLACK BEAN AND RICE MEDLEY
- BREADED TOFU CUBES
- FRESH PITA AND HOUMMOUS
- SMOKED CHEDDAR TURKEY BURGER

Wednesday

- MASHED POTATO
- GRILLED PORK TENDERLOIN CHIMICHURRI
- CHICKEN GRATINATA
- EGGPLANT STEW
- BAKED PASTA WITH MUSHROOM
- FRESH JUMBO CINNAMON ROLLS

Thursday

- FIESTA RICE
- GRILLED SOUTHWEST BEEF STEAK
- CHICKEN VINDALOO
- SWEET POTATO CAKE
- POTATO KALE AND CARAMELIZED ONION
- TORTILLA SALAD WITH ZESTY LIME VINAIGRETTE

Friday

- RICE AND COUSCOUS
- BEEF STRIPS WITH MUSHROOM SAUCE
- FISH WITH CORN SALSA
- TORTELLINI WITH MARINARA
- RED BEAN RAGOUT

Saturday

DINNER AVAILABLE AT NORTH AND SEIBEL SERVERIES

Sunday

- ROASTED POTATO
- BEEF EYE OF ROUND ROAST
- CHICKEN FLORENTINE
- BAKED MANICOTTI WITH CREAMY PESTO
- KIDNEY BEAN WITH CARROT AND SPINACH

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