



North Served

Week of: 2/24/20

Chef Martin

Lunch Menu

Monday

VEGETABLE QUINOA PILAF
 BAKED BASA FILLET WITH PINEAPPLE RELISH
 LAYERED SPINACH TOMATO & FETA CHEESE
 SWEET POTATO PATTIES WITH SAUTÉED KALE
 AVOCADO TORTILLA SALAD
 GRILLED CHEESE SANDWICH
 TOMATO BASIL SOUP

Tuesday

MASHED POTATOES
 GOLDEN FRIED CHICKEN
 HOPPIN' JOHN
 BBQ JACKFRUIT SLIDERS
 SHRIMP PASTA SALAD WITH DILL
 BREADED ZUCCHINI FRIES
 CHICKEN & SAUSAGE GUMBO

Wednesday

SLICED YUKON POTATOES WITH POBLANO & CORN
 TORTILLA CRUSTED TILAPIA WITH CHIPOTLE TARTAR SAUCE
 CHILI ROASTED TOFU ON BUTTERNUT SQUASH PURÉE
 MUSHROOM & SWISS FRITTATA WITH ARUGULA SALAD
 ASPARAGUS & POTATO SPRING SALAD
 MEXICAN SQUASH QUESADILLAS
 CHICKEN NOODLE SOUP

Thursday

GARLIC HERB PASTA PRIMAVERA
 CHICKEN & SPINACH MEATBALLS WITH MARINARA
 PLANTFARE BOLOGNESE
 GRILLED VEGETABLES WITH BALSAMIC REDUCTION
 STRAWBERRY SPINACH SALAD WITH FETA
 BEEF HOT DOGS WITH CHILI & CHEESE
 WILD RICE & CHICKEN SOUP

Friday

BROWN RICE PILAF
 BBQ SPICED FLOUNDER WITH ROASTED RED PEPPER
 SLICED BBQ BEEF BRISKET SANDWICH
 ROASTED ROOT VEGETABLE STEW WITH EDAMAME
 CAULIFLOWER & TOFU STEAKS WITH TOMATO BASIL RELISH
 YUCA FRIES
 CHICKEN POBLANO SOUP

Saturday

PHILLY BEEF STEAK SANDWICH
 HOT CHICKEN WINGS
 CRISPY WAFFLE FRIES
 COUSCOUS QUINOA PILAF WITH RED BEANS
 POTATO CHICKPEA CURRY
 MINI PEPPERONI PIZZA

Sunday

WARM FLOUR TORTILLAS
 BRAISED BEEF BARBACOA
 CHILAQUILES & EGG HASH
 OMELETS TO ORDER
 CHOCOLATE CHIP PANCAKES
 SPINACH, QUINOA & TOFU SAUTÉ

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

Dinner Menu

Monday

ROASTED POTATOES WITH HONEY MUSTARD SAUCE
 LEMON PEPPER COD LOIN
 AGAVE ROASTED TOFU & GREEN BEANS
 SPINACH & ARTICHOKE PUFF PASTRY
 SWEET & SOUR CHICKEN
 STIR FRIED UDON NOODLES
 CINNAMON APPLE PIE

Tuesday

VEGETABLE DIRTY RICE
 PORK BOUDIN SAUSAGE
 BLACKENED CHICKEN BREAST
 CREOLE RED BEANS
 CAJUN PASTA WITH PLANT-BASED CRUMBLES
 CHEDDAR CHIVE BISCUITS
 MARDI GRAS CUPCAKES

Wednesday

GARLIC BASMATI RICE
 SHRIMP DYNAMITE
 GREEN CURRY TEMPEH
 POTATO & CAULIFLOWER ALOO GOBI
 PALAK PANEER WITH NAAN BREAD
 RAMEN BAR WITH SLICED PORK BELLY
 CHOCOLATE CUSTARD PIE

Thursday

CILANTRO LIME RICE
 CHICKEN ENCHILADAS ROJAS
 TENDER BEEF FAJITAS
 GRILLED TOFU WITH PEPPERS & ONIONS
 REFRIED PINTO BEANS
 GUACAMOLE & PICO DE GALLO
 PEACH COBBLER WITH ICE CREAM

Friday

MACARONI & CHEESE
 BBQ CHICKEN DRUMSTICKS
 GOLDEN FRIED CATFISH WITH REMOULADE
 THREE PEPPER TEMPEH WITH THAI CHILI
 BLACK-EYE PEA STEW
 WHITE CHOCOLATE CRANBERRY BARS

Saturday

STEAK FRIES
 GREENS, RED PEPPERS & LOCAL TOFU
 BEEF & LAMB GYRO SANDWICH
 FRIED FLOUNDER FILLET WITH TARTAR SAUCE
 STUFFED PASTA SHELLS WITH MARINARA
 BREADED BUTTERFLY SHRIMP

Sunday

CARVED HONEY GLAZED HAM
 GARLIC BUTTER POTATOES
 ROASTED GARLIC ROTISSERIE STYLE CHICKEN
 PANKO CRUSTED TOFU WITH TOMATO SAUCE
 CREAMY POBLANO PASTA
 CURLY FRIES

■ = Vegan
 ■ = Vegetarian

■ = Contains Gluten
 ■ = Contains Soy

■ = Contains Milk
 ■ = Contains Eggs

■ = Contains Fish
 ■ = Contains Shellfish

■ = Contains Peanuts
 ■ = Contains Treenuts