



North Served

Week of: 3/23/2020

Chef Martin

Lunch Menu

Monday

RICE PILAF

BLACKENED TILAPIA WITH LEMON VINAIGRETTE & CUCUMBER RELISH

GRILLED CHICKEN

LENTIL & KALE STEW

MINI CHEESE PIZZAS

CAESAR SALAD

MIXED GREEN GARDEN SALAD & FRUIT SALAD

Tuesday

MACARONI & CHEESE

BARBECUE CHOPPED BEEF BRISKET

GRILLED CHICKEN

BLACK BEAN RAGOUT WITH PLANTAINS OVER RICE

MINI CHEESE PIZZAS

CAESAR SALAD

MIXED GREEN GARDEN SALAD & FRUIT SALAD

Wednesday

MASHED POTATOES

COUNTRY FRIED STEAK

GRILLED CHICKEN

TOFU & EGGPLANT SAUTE WITH RICE

MINI CHEESE PIZZAS

CAESAR SALAD

MIXED GREEN GARDEN SALAD & FRUIT SALAD

Thursday

HERB FETTUCINE

TURKEY MEATBALLS IN MARINARA

GRILLED CHICKEN

POTATO & GARBANZO CURRY WITH RICE

MINI CHEESE PIZZAS

CAESAR SALAD

MIXED GREEN GARDEN SALAD & FRUIT SALAD

Friday

VEGETABLE RICE PILAF

CORNMEAL BREADED CATFISH

GRILLED CHICKEN

CITRUS RED BEAN, POTATO & KALE

MINI CHEESE PIZZAS

CAESAR SALAD

MIXED GREEN GARDEN SALAD & FRUIT SALAD

Saturday

GREEN CHILE RICE PILAF

PORK CARNITAS

GRILLED CHICKEN

THAI CHILI TOFU, BROCCOLI & RED PEPPERS

MINI CHEESE PIZZAS

CAESAR SALAD

MIXED GREEN GARDEN SALAD & FRUIT SALAD

Sunday

COUSCOUS PILAF WITH BROCCOLI

RED BEANS & BUTTERNUT SQUASH

BARBECUE SHREDDED PORK

GRILLED CHICKEN WITH CUCUMBER TOMATO RELISH

SPINACH, MUSHROOM FRITTATA

WAFFLE STATION

CAESAR, MIXED GARDEN GREENS AND FRUIT SALAD

= Vegan
 = Vegetarian

= Contains Gluten
 = Contains Soy

= Contains Milk
 = Contains Eggs

= Contains Fish
 = Contains Shellfish

= Contains Peanuts
 = Contains Treenuts

Dinner Menu

Monday

VEGETABLE FRIED RICE

THAI CHILI CHICKEN WINGS

GRILLED CHICKEN

SESAME GINGER TOFU NOODLE BOWL

CAESAR SALAD

MIXED GREEN GARDEN SALAD & FRUIT SALAD

Tuesday

SPAGHETTI PASTA

VEAL PARMESAN

GRILLED CHICKEN

EGGPLANT RATATOUILLE WITH EDAMAME

CAESAR SALAD

MIXED GREEN GARDEN SALAD & FRUIT SALAD

Wednesday

ROASTED YUKON & RED POTATOES

GOLDEN FRIED CHICKEN BREAST WITH CREAMY GRAVY

GRILLED CHICKEN

COCONUT TOMATO CURRY TOFU

CAESAR SALAD

MIXED GREEN GARDEN SALAD & FRUIT SALAD

Thursday

ROASTED CORN RICE

BEEF ENCHILADAS

GRILLED CHICKEN

PLANT-BASED CHIPOTLE SAUSAGE OVER RANCHERO

CAESAR SALAD

MIXED GREEN GARDEN SALAD & FRUIT SALAD

Friday

LEMON HERB BABY BAKER POTATOES

BREADED FLOUNDER FILLET

GRILLED CHICKEN

TURMERIC CHICKPEA, CAULIFLOWER & ARUGULA

CAESAR SALAD

MIXED GREEN GARDEN SALAD & FRUIT SALAD

Saturday

ROASTED REDSKIN POTATOES WITH PEPPERS & ONIONS

BEER BATTERED COD WITH TARTAR SAUCE

GRILLED CHICKEN

NAVY BEANS WITH CARROTS & KALE

CHEESE TORTELLINI PESTO

CAESAR SALAD
MIXED GREEN GARDEN SALAD & FRUIT SALAD

Sunday



LINGUINE PASTA



BEEF & PORK MEATBALLS IN MARINARA



CHICKEN ALFREDO



CHEESE MAINCOTTI



TOFU WITH ARTICHOKE, SPINACH & ARUGULA

 = Vegan
 = Vegetarian

 = Contains Gluten
 = Contains Soy

 = Contains Milk
 = Contains Eggs

 = Contains Fish
 = Contains Shellfish

 = Contains Peanuts
 = Contains Treenuts