South Servery

Week of: 3/16/20
Chef Verena
## 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

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**Symbols:**
- = Vegan
- = Vegetarian
- = Contains Gluten
- = Contains Soy
- = Contains Milk
- = Contains Eggs
- = Contains Fish
- = Contains Shellfish
- = Contains Peanuts
- = Contains Treenuts
<table>
<thead>
<tr>
<th>Day</th>
<th>Dinner Menu</th>
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| 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 |