

















West Servery

Week of: 5/25/20
















Chef Roger

Lunch Menu

















Monday

   FIESTA RICE
 FRESH VEGETABLES

 PASTA PRIMAVERA
   SLICED PORK ROAST WITH ANCHO LIME
 VINAIGRETTE
 
 GRILLED CHICKEN
 GARDEN & FRUIT SALADS

 CAESAR SALAD
    
















Tuesday

   ROASTED POTATOES
 FRESH VEGETABLES

 COCONUT THAI CURRY SWEET POTATOES
   OVER RICE
 ITALIAN SAUSAGE & TOMATO RAGOUT
 
 GRILLED CHICKEN
 GARDEN & FRUIT SALADS

 CAESAR SALAD
    




















Wednesday

   SPANISH RICE
 FRESH VEGETABLES

 RANCHERO BEANS
  
 CHICKEN ENCHILADAS
  
 GRILLED CHICKEN
 GARDEN & FRUIT SALADS

 CAESAR SALAD
    

Thursday

   RED QUINOA RICE PILAF
 FRESH VEGETABLES

 POTATO & CHICKPEA TOMATO
   MASALA
 ANDOUILLE SAUSAGE
 
 GRILLED CHICKEN
 GARDEN & FRUIT SALADS

 CAESAR SALAD
    

Friday

   TUSCAN BEAN & POTATO
 MEDLEY
 FRESH VEGETABLES

 MANGO TOFU AND RICE
  
 CRAB CAKE WITH TARTAR
 SAUCE
     
 GRILLED CHICKEN
 GARDEN & FRUIT SALADS

 CAESAR SALAD
    

















Saturday



   GREEN CHILE RICE PILAF
 FRESH VEGETABLES



 THAI CHILI TOFU WITH
 BROCCOLI, PEPPERS & ONIONS
  
 PORK CARNITAS
 
 GRILLED CHICKEN
 GARDEN & FRUIT SALADS



 CAESAR SALAD
    



Sunday



   COUSCOUS PILAF WITH BROCCOLI
 FRESH VEGETABLES

 GRILLED TOFU CUTLET WITH
 SWEET CORN RELISH
  
 BRAISED BEEF WITH MUSHROOMS
  
 GRILLED CHICKEN
 GARDEN & FRUIT SALADS

 CAESAR SALAD
    

 = Vegan
 = Vegetarian

 = Contains Gluten
 = Contains Soy







 = Contains Milk
 = Contains Eggs

 = Contains Fish
 = Contains Shellfish







 = Contains Peanuts
 = Contains Treenuts

Dinner Menu







Monday

GARLIC MASHED POTATOES

 FRESH VEGETABLES

 CHIPOTLE BLACK BEANS WITH RICE

 CORNMEAL CRUSTED CATFISH WITH TARTAR SAUCE

 GRILLED CHICKEN
 GARDEN & FRUIT SALADS

 CAESAR SALAD








Tuesday

SESAME VEGETABLE NOODLES

 FRESH VEGETABLES

 TOFU STIR-FRY

 SWEET & SOUR PORK

 GRILLED CHICKEN
 GARDEN & FRUIT SALADS

 CAESAR SALAD


Wednesday

MACARONI & CHEESE

 FRESH VEGETABLES

 BARBECUE BAKED BEANS

 BARBECUE BEEF BRISKET

 GRILLED CHICKEN
 GARDEN & FRUIT SALADS

 CAESAR SALAD



Thursday

WILD RICE PILAF

 FRESH VEGETABLES

 WHOLE GRAIN ORZO & VEGETABLE MEDLEY

 GINGER MISO COD

 GRILLED CHICKEN
 GARDEN & FRUIT SALADS

 CAESAR SALAD


Friday

PASTA PESTO







 FRESH VEGETABLES

 VEGETABLE RICE STUFFED PEPPERS

 TILAPIA GRATINATA







 GRILLED CHICKEN
 GARDEN & FRUIT SALADS



 CAESAR SALAD




Saturday



ROASTED REDSKIN POTATOES WITH PEPPERS & ONIONS

 FRESH VEGETABLES

 NAVY BEANS WITH CARROTS & KALE

 BATTERED FISH WITH TARTAR SAUCE

 GRILLED CHICKEN
 GARDEN & FRUIT SALADS

 CAESAR SALAD




Sunday



PASTA WITH MARINARA OR ALFREDO

 FRESH VEGETABLES

 TOFU TOSSED WITH ARTICHOKES, MUSHROOMS & SPINACH

 ITALIAN BEEF & PORK MEATBALLS IN MARINARA

 GRILLED CHICKEN
 GARDEN & FRUIT SALADS

 CAESAR SALAD


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 = Contains Fish
 = Contains Shellfish

 = Contains Peanuts
 = Contains Treenuts