Baker Kitchen

Week of: 5/4/20
Chef Verena
**Lunch Menu**

### Monday
- Lemon Garlic Penne Pasta
- Fresh Vegetables
- Curry Garbanzo & Rice
- Grilled Chicken
- Shrimp Alfredo
- Caesar Salad
- Garden Salad & Fruit Salad

### Tuesday
- Fiesta Corn Rice
- Fresh Vegetables
- Black Bean Ragout with Plantains
- Grilled Chicken
- Cheddar Beef Wrap
- Caesar Salad
- Garden Salad & Fruit Salad

### Wednesday
- Vegetable Fried Rice
- Fresh Vegetables
- Spicy Tofu & Cabbage Stir-fry
- Grilled Chicken
- Teriyaki Cod Loin
- Caesar Salad
- Garden Salad & Fruit Salad

### Thursday
- Orzo Vegetable Medley
- Fresh Vegetables
- Curried Lentils with Kale
- Grilled Chicken
- Chicken Potstickers with Plum Sauce
- Caesar Salad
- Garden Salad & Fruit Salad

### Friday
- Herb Roasted Potatoes
- Fresh Vegetables
- Cheese Tortellini Pesto
- Grilled Chicken
- Tilapia with Roasted Corn Salsa
- Caesar Salad
- Garden Salad & Fruit Salad

### Saturday
- Wild Rice Pilaf
- Fresh Vegetables
- Navy Beans with Carrots & Kale
- Grilled Chicken
- Swedish Style Turkey Meatballs
- Caesar Salad
- Garden Salad & Fruit Salad

### Sunday
- Smoked Salmon Pasta
- Haricots Verts
- Vegetable Frittata
- Grilled Chicken
- Caesar Salad
- Garden Salad & Fruit Salad

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- = Vegan
- = Vegetarian
- = Contains Gluten
- = Contains Soy
- = Contains Milk
- = Contains Fish
- = Contains Eggs
- = Contains Shellfish
- = Contains Treenuts
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>Scalloped Potatoes</td>
<td>Sesame-soy Ginger Noodle Bowl</td>
<td>Macaroni &amp; Cheese</td>
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<tr>
<td>Fresh Vegetables</td>
<td>Fresh Vegetables</td>
<td>Fresh Vegetables</td>
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<tr>
<td>Couscous Pilaf with Roasted Vegetables</td>
<td>Coconut Thai Chili Sweet Potatoes</td>
<td>Barbecue Baked Beans</td>
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<td>Grilled Chicken</td>
<td>Grilled Chicken</td>
<td>Grilled Chicken</td>
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<tr>
<td>Breaded Fish with Tartar Sauce</td>
<td>Pork Tenderloin with Mango Salsa</td>
<td>Barbecue Chopped Beef</td>
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<td>Caesar Salad</td>
<td>Caesar Salad</td>
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<tr>
<td>Garden Salad &amp; Fruit Salad</td>
<td>Garden Salad &amp; Fruit Salad</td>
<td>Garden Salad &amp; Fruit Salad</td>
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- Vegan
- Contains Gluten
- Contains Milk
- Contains Fish
- Contains Peanuts
- Contains Soy
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- Contains Eggs
- Contains Shellfish

**Wednesday:**
- Macaroni & Cheese
- Fresh Vegetables
- Barbecue Baked Beans
- Grilled Chicken
- Barbecue Chopped Beef
- Caesar Salad
- Garden Salad & Fruit Salad

**Thursday:**
- Steamed White Rice
- Fresh Vegetables
- Red Bean, Corn & Potato Ragout
- Grilled Chicken
- Shrimp & Sausage Creole
- Caesar Salad
- Garden Salad & Fruit Salad

**Friday:**
- Red Quinoa Vegetable Pilaf
- Fresh Vegetables
- Baked Pasta with Mozzarella
- Grilled Chicken
- Flounder with Mandarin Orange Salad
- Caesar Salad
- Garden Salad & Fruit Salad

**Saturday:**
- Rice & Bean with Tofu
- Fresh Vegetables
- Green Bean Ragout
- Grilled Chicken
- Southwest Beef Lasagna
- Caesar Salad
- Garden Salad & Fruit Salad

**Sunday:**
- Roasted Garlic Yukon Potatoes
- Fresh Vegetables
- Ricotta Cheese Manicotti with Marinara
- Grilled Chicken
- Smoked Sausage with Peppers & Onions
- Caesar Salad
- Garden Salad & Fruit Salad

**Note:**
- Monday: Garden Salad & Fruit Salad
- Tuesday: Caesar Salad
- Wednesday: Garden Salad & Fruit Salad
- Thursday: Garden Salad & Fruit Salad
- Friday: Garden Salad & Fruit Salad
- Saturday: Garden Salad & Fruit Salad
- Sunday: Garden Salad & Fruit Salad

**Dinner Menu:**
- Monday: Garden Salad & Fruit Salad
- Tuesday: Caesar Salad
- Wednesday: Garden Salad & Fruit Salad
- Thursday: Garden Salad & Fruit Salad
- Friday: Garden Salad & Fruit Salad
- Saturday: Garden Salad & Fruit Salad
- Sunday: Garden Salad & Fruit Salad