



## **West Served**

Week of: 6/29/20

Chef Roger

# 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

■ ■ ■ ■ ■

CAESAR SALAD

■ ■ ■ ■ ■

GARDEN SALAD & FRUIT SALAD

■

## Friday

HERB ROASTED POTATOES

■

FRESH VEGETABLES

■

CHEESE TORTELLINI PESTO

■ ■ ■ ■ ■

GRILLED CHICKEN

TILAPIA WITH ROASTED CORN

■ ■ ■ ■ ■

CAESAR SALAD

■ ■ ■ ■ ■

GARDEN SALAD & FRUIT SALAD

■

## Saturday

WILD RICE PILAF

■ ■ ■

FRESH VEGETABLES

■

NAVY BEANS WITH CARROTS &

■ ■ ■ ■

GRILLED CHICKEN

SWEDISH STYLE TURKEY

■ ■ ■ ■ ■

CAESAR SALAD

■ ■ ■ ■ ■

GARDEN SALAD & FRUIT SALAD

■

## Sunday

SMOKED SALMON PASTA

■ ■ ■ ■ ■

HARICOTS VERTS

■

VEGETABLE FRITTATA

■ ■ ■ ■ ■

GRILLED CHICKEN

CAESAR SALAD

■ ■ ■ ■ ■

GARDEN SALAD & FRUIT SALAD

■

-

■ = Vegan  
■ = Vegetarian

■ = Contains Gluten  
■ = Contains Soy

■ = Contains Milk  
■ = Contains Eggs

■ = Contains Fish  
■ = Contains Shellfish

■ = Contains Peanuts  
■ = Contains Treenuts

# Dinner Menu

## Monday

SCALLOPED POTATOES



FRESH VEGETABLES

COUSCOUS PILAF WITH ROASTED  
VEGETABLES



GRILLED CHICKEN

BREADED FISH WITH TARTAR SAUCE



CAESAR SALAD



GARDEN SALAD & FRUIT SALAD



## Tuesday

SESAME-SOY GINGER NOODLE BOWL



FRESH VEGETABLES

COCONUT THAI CHILI SWEET POTATOES



GRILLED CHICKEN

PORK TENDERLOIN WITH MANGO SALSA



CAESAR SALAD



GARDEN SALAD & FRUIT SALAD



## 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



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



= Vegan  
 = Vegetarian

= Contains Gluten  
 = Contains Soy

= Contains Milk  
 = Contains Eggs

= Contains Fish  
 = Contains Shellfish

= Contains Peanuts  
 = Contains Treenuts