



Baker Kitchen

Week of: 8/10/20

Lunch Menu

Monday

WILD RICE PILAF
 GARBANZO POTATO CURRY
 TURKEY MEATBALLS IN MUSHROOM GRAVY
 GRILLED CHICKEN
 FRESH VEGETABLES
 GARDEN, ROMAINE AND FRUIT SALADS

Tuesday

CHICKEN LASAGNA
 HARICOTS VERTS & MUSHROOMS
 GRILLED CHICKEN
 SWEET AND SOUR TOFU WITH STEAMED RICE
 FRESH VEGETABLES
 GARDEN, ROMAINE AND FRUIT SALADS

Wednesday

MACARONI & CHEESE
 SMOKED SAUSAGE WITH PEPPERS & ONIONS
 GRILLED CHICKEN
 CRANBERRY KALE FARRO
 FRESH VEGETABLES
 GARDEN, ROMAINE AND FRUIT SALADS

Thursday

CREOLE RICE
 RED QUINOA, TOFU & CORN
 BLACKENED CATFISH WITH PICO
 GRILLED CHICKEN
 FRESH VEGETABLES
 GARDEN, ROMAINE AND FRUIT SALADS

Friday

HERB ROASTED POTATOES
 TILAPIA WITH CORN SALSA
 GRILLED CHICKEN
 TOFU WITH MANGO RICE
 FRESH VEGETABLES
 GARDEN, ROMAINE AND FRUIT SALADS

Saturday

CILANTRO RICE
 PLANTAINS & BLACK BEANS
 BRAISED GREEN CHILE PORK
 GRILLED CHICKEN
 FRESH VEGETABLES
 GARDEN, ROMAINE AND FRUIT SALADS

Sunday

TORTELLINI PESTO
 FISH WITH LEMON BASIL VINAIGRETTE
 GRILLED CHICKEN
 VEGETARIAN HOPPIN' JOHN
 FRESH VEGETABLES
 GARDEN, ROMAINE AND FRUIT SALADS

- = Vegan
- = Vegetarian
- = Contains Gluten
- = Contains Soy
- = Contains Milk
- = Contains Eggs
- = Contains Fish
- = Contains Shellfish
- = Contains Peanuts
- = Contains Treenuts

Dinner Menu

Monday

JASMINE RICE

SWEET CHILE CABBAGE & TOFU STIR-FRY

FISH WITH LEMON CURRY VINAIGRETTE

GRILLED CHICKEN

FRESH VEGETABLES

GARDEN, ROMAINE AND FRUIT SALADS

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Tuesday

MEXICAN RICE

PINTO BEANS WITH TOFU

SOUTHWEST BEEF STRIPS WITH ROASTED TOMATO SALSA

GRILLED CHICKEN

FRESH VEGETABLES

GARDEN, ROMAINE AND FRUIT SALADS

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Wednesday

PASTA MARINARA

MIXED BEAN STEW

CHEDDAR CHIVE POTATO CRUSTED COD

GRILLED CHICKEN

FRESH VEGETABLES

GARDEN, ROMAINE AND FRUIT SALADS

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Thursday

VEGETABLE FRIED RICE

PLANT-BASED STUFFED PEPPERS IN TOMATO SAUCE

SWEET AND SOUR CHICKEN

GRILLED CHICKEN

FRESH VEGETABLES

GARDEN, ROMAINE AND FRUIT SALADS

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Friday

HEARTY TOMATO MOZZARELLA BAKED PASTA

TENDER BEEF & MUSHROOMS IN DEMI GLACE

GRILLED CHICKEN

COCONUT SWEET POTATO CURRY WITH RICE

FRESH VEGETABLES

GARDEN, ROMAINE AND FRUIT SALADS

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Saturday

SPAGHETTI

VEGETABLE & TOFU RAGU

ITALIAN MEATBALLS IN MARINARA

GRILLED CHICKEN

FRESH VEGETABLES

GARDEN, ROMAINE AND FRUIT SALADS

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Sunday

SAUTÉED POTATOES WITH ONIONS

SMOKEY BEANS & TOFU

BARBECUE BEEF BRISKET

GRILLED CHICKEN

FRESH VEGETABLES

GARDEN, ROMAINE AND FRUIT SALADS

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