



## **North Servery**

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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