Seibel Servery

Week of: 8/17/20
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pasta Primavera</td>
<td>Steamed Rice</td>
<td>Beef Stuffed Peppers</td>
</tr>
<tr>
<td>Smoked Pork Sausage with Peppers &amp; Onions</td>
<td>Honey Sriracha Glazed Chicken</td>
<td>Haricots Verts &amp; Mushrooms</td>
</tr>
<tr>
<td>Grilled Chicken</td>
<td>Grilled Chicken</td>
<td>Grilled Chicken</td>
</tr>
<tr>
<td>Sweet Chili Sweet Potato Tofu with Rice</td>
<td>Lentil Masala Curry</td>
<td>Red Quinoa, Kale &amp; Corn</td>
</tr>
<tr>
<td>Fresh Vegetables</td>
<td>Fresh Vegetables</td>
<td>Fresh Vegetables</td>
</tr>
<tr>
<td>Garden Salad, Chopped Romaine, Hummus, Fruit Salad</td>
<td>Garden Salad, Chopped Romaine, Hummus, Fruit Salad</td>
<td>Garden Salad, Chopped Romaine, Hummus, Fruit Salad</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken &amp; Dumplings</td>
<td>Herb Roasted Potatoes</td>
<td>Ricotta Stuffed Shells in Marinara</td>
<td>Tomato Mozzarella Baked Pasta</td>
</tr>
<tr>
<td>Chickpea Rice Pilaf</td>
<td>Breaded Flounder</td>
<td>Chicken Wings</td>
<td>Breaded Veal Cutlet</td>
</tr>
<tr>
<td>Grilled Chicken</td>
<td>Grilled Chicken</td>
<td>Potato, Kale &amp; Edamame</td>
<td>Grilled Chicken</td>
</tr>
<tr>
<td>Potato &amp; Tomato Masala</td>
<td>Mango Tofu Rice</td>
<td>Grilled Chicken</td>
<td>Green Bean, Tomato &amp; Garbanzo</td>
</tr>
<tr>
<td>Fresh Vegetables</td>
<td>Fresh Vegetables</td>
<td>Fresh Vegetables</td>
<td>Fresh Vegetables</td>
</tr>
<tr>
<td>Garden Salad, Chopped Romaine, Hummus, Fruit</td>
<td>Garden Salad, Chopped Romaine, Hummus, Fruit</td>
<td>Garden Salad, Chopped Romaine, Hummus, Fruit</td>
<td>Garden Salad, Chopped Romaine, Hummus, Fruit Salad</td>
</tr>
</tbody>
</table>

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

Monday
- Garlic Mashed Potatoes
- Cheddar Chive Potato Crusted Cod
- Grilled Chicken
- Pasta Edamame Artichoke
- Fresh Vegetables
- Garden Salad, Chopped Romaine, Hummus, Fruit Salad

Tuesday
- Salsa Verde Rice
- Southwest Beef Strips
- Grilled Chicken
- Red Bean Vegetable Stew
- Fresh Vegetables
- Garden Salad, Chopped Romaine, Hummus, Fruit Salad

Wednesday
- Macaroni & Cheese
- Chopped BBQ Beef
- Grilled Chicken
- Cajun Okra Tomato Ragout with Rice
- Fresh Vegetables
- Garden Salad, Chopped Romaine, Hummus, Fruit Salad

Thursday
- Pasta tossed in Marinara
- Fish with Lemon Basil Vinaigrette
- Grilled Chicken
- Plant-based Vegetable Casserole
- Fresh Vegetables
- Garden Salad, Chopped Romaine, Hummus, Fruit

Friday
- Vegetable Fried Rice
- Tilapia with Sweet Chili Plum Glaze
- Grilled Chicken
- Three Pepper Tofu
- Fresh Vegetables
- Garden Salad, Chopped Romaine, Hummus, Fruit

Saturday
- Steamed Rice
- Eggplant & Navy Bean Balsamico
- Pork Loin Roast with Honey Mustard
- Grilled Chicken
- Cheese Ravioli
- Garden Salad, Chopped Romaine, Hummus, Fruit

Sunday
- Wild Rice Pilaf
- Turkey Meatballs in Savory Mushroom Sauce
- Grilled Chicken
- Whole Grain Couscous Vegetable Medley
- Fresh Vegetables
- Garden Salad, Chopped Romaine, Hummus, Fruit Salad

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