









West 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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■ = Contains Fish
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■ = Contains Treenuts