



# 2024 Winter Menu

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>LUNCH AND DINNER COMMON MENU ITEMS INCLUDE SOUPS, BYO GLUTEN FREE, BEVERAGES, FOOD BAR ITEMS (PIZZA/PANINI), SALAD BAR, WHOLE FRUIT AND DESSERTS</b>							
<b>BYO GLUTEN FREE</b>	Baked Potato Bar Grilled Ham/Roasted Mushrooms	Nacho Bar Meat / Vegan Chili	GF Pasta Bar Meat /Arabiata Sauce	Poutine Bar Pulled Pork/Jackfruit	Soba Noodle Bowl Chicken/Vegan Teriyaki	Indian Basmati Rice Bowl Chicken/ Vegan Curry <b>Available for Brunch and Dinner</b>	Wild Rice Burrito Bowl Shrimp/Brown lentils <b>Available for Brunch and Dinner</b>
<b>SOUPS</b>	Harvest Vegetable and Brown Lentil  Turkey Noodle 	Broccoli & Cheddar  Hearty Chicken Minestrone 	Lentil Spinach  Mexican Chorizo Soup 	Spanish and Kale  Woodland Mushroom 	Cream Of Roasted Squash  New England Clam Chowder 	Hot and Sour with Tofu  Spicy Thai Chicken 	Moroccan Chickpea  Herb Chicken Rice 
<b>LUNCH</b>						<b>BREAKFAST FOR BRUNCH</b>	<b>BREAKFAST FOR BRUNCH</b>
<b>ENTRÉE</b>	Pesto Chicken 	Sweet Italian Sausage/Buns 	Greek Style Grilled Chicken 	Beef Lasagna Marinara Sauce 	Cedar Spiced Atlantic Salmon on Wilted Greens 	Szechuan Chicken Stir Fry 	Meatballs in Marinara 
<b>VEGETARIAN ENTRÉE</b>	Pesto Plant base Strip 	Vegan Sausage/Buns 	Falafels 	Vegetarian Lasagna 	Vegetable Beans Cacciatore 	Szechuan Tofu Stir Fry 	Veggie Meatballs in Marinara 
<b>SIDES</b>	Mushroom Tetrazzini Bake  Roasted Vegetable Medley  Garlic Bread 	Sauteed Onions & Peppers  Roasted Broccoli & Carrots  Skin on French fries 	Lemon Rice  Chunky Vegetable & Chickpea Briam  Greek Pita/Tzatzki 	Fresh Mix Vegetable  Marinara Sauce  Garlic Bread 	Wild Rice Pilaf  Crispy Brussel sprouts with Tzatzki sauce  Winter Veg Mix 	Vegetable Chow Mein  Spring rolls  Asian Vegetable Medley 	Rigatoni Pasta  Italian Blend  Garlic Bread 
<b>DINNER</b>							
<b>ENTRÉE</b>	Asian BBQ Beef Brisket 	Tandoori Chicken legs Yogurt Mint Sauce 	Beef Fajita 	Chicken Fingers Fried 	Beef Roti 	Breaded Veal Cutlets/ Creole Sauce 	BBQ Quarter Chicken - Dark / White 
<b>VEGETARIAN ENTRÉE</b>	Thai Sweet Chili Tofu and Vegetable Stir-fry 	Tandoori paneer and Vegetable curry 	Ground Soy, Bean Fajita with Bell Pepper 	Veggie Nuggets 	Vegetable and Chickpea Roti 	Eggplant Cutlets Creole Sauce 	Plant Based Nuggets 
<b>SIDES</b>	Vegetable Rice vermicelli  Garlic Sautéed Gai Lan Vegetable Mix  Vegetable Spring Rolls 	Cumin Basmati Rice  Roasted Root Vegetable and Beans  Vegetable Samosa 	Spanish Rice with Corn  Warm Flour Tortilla  California Roast vegetable 	Macaroni Cheese  Maple Glazed Carrot & French Beans  Vinegar Coleslaw 	Peas and Rice  Roti Bread  Sautéed Collard Greens 	Herb Linguine  Sautéed Zucchini  Garlic and Cheese Flat Bread 	Roasted Butternut Squash and Root Vegetable Blend  Mashed Potato  Creamy Vegan Coleslaw 

**VEGAN AND GLUTEN FREE OPTIONS ARE PROVIDED**