



2024 Winter Menu

| WEEK 3 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|--|---|---|--|---|
| LUNCH AND DINNER COMMON MENU ITEMS INCLUDE SOUPS, BYO GLUTEN FREE BAR, BEVERAGES, FOOD BAR ITEMS (PIZZA/PANINI), SALAD BAR, WHOLE FRUIT AND DESSERTS | | | | | | | |
| BYO GLUTEN FREE | Nacho Bar Meat/Vegan Chili | Chicken Shawarma and Falafel with GF flatbread | GF Pasta Bar Meat /Arabiata Sauce | Poke Bowl with Shrimp/Edamame Ceviche | Greek GF pasta Salad with Chicken/Plant Based Strips | Indian Basmati Rice Bowl Beef/ Vegan Curry Available for Brunch and Dinner | Rice Vermicelli Bowl Seafood/Vegan Thai curry Available for Brunch and Dinner |
| SOUPS | Split Pea and Roasted pepper Roasted Corn Chowder | Navy Bean & Garden Vegetable Chicken Noodle | Wild Mushroom Hearty Beef vegetable | Brown Lentil & Spinach Tom Yum Chicken | Spicy Black Bean Potato Leek | Moroccan Chickpea Beef Barley Vegetable | Hot and Sour with Tofu Chicken Orzo |
| LUNCH | | | | | | BREAKFAST FOR BRUNCH | BREAKFAST FOR BRUNCH |
| ENTRÉE | Creamy Chicken/Spinach with Parmesan Sauce | Texas Style Pulled Pork/ Bao Bun | Southern Fried Chicken and Roast Chicken White Gravy | Deconstructed Beef Pot Pie | Tempura Battered Fish | Lemongrass Chicken | Beef Tips with Marinara |
| VEGETARIAN ENTRÉE | Creamy Cauliflower and Chickpea with Parmesan Sauce | Spicy Vegan Pull Cauliflower& Jackfruit/ Bao Bun | Portobello stuffed with Spinach and Havarti | Deconstructed Vegetable Pot Pie | Tempura Battered Tofu | Lemongrass Tofu | Edamame Primavera |
| SIDES | Onion Rice Pilaf Balsamic Roast Tomatoes Garlic Sautéed Purple and Green Kale | Southwest Fried Rice Sautéed Corn Succotash Vegetable Spring Rolls | Red skin Potato Wedges Corn on the Cob Kale Slaw | Roasted Root vegetable and Broccoli Puff pastry Tops Sweet Potato Fries | French Fries Steamed Broccoli, Carrots, Cauliflower and Green Peas Coleslaw | Steamed Lo-mein Spring rolls Asian Vegetable Medley | Penne Pasta Italian Blend Garlic Bread |
| DINNER | | | | | | | |
| ENTRÉE | Herb Crusted Roast Beef Mushroom Au Jus | Roasted Turkey | Salmon Steaks with Dill Lemon Sauce | Dry Rub Chicken Wings | Swiss style Sirloin Steaks | Maple Glaze Bake Ham | Adobo Chicken |
| VEGETARIAN ENTRÉE | Stuffed Bell Peppers | Plant based protein and Vegetables meatless loaf | Chickpeas vegetable Tagine | Beyond Burger and Buns | Swiss Style Grilled Beyond Sausage slices | Plant based Nuggets | Adobo Grilled Tofu |
| SIDES | Roasted Mini Potato Roasted Brussel Sprouts, Cauliflower and Butternut Squash Yorkshire Pudding | Vegan Gravy Herb Mashed Potato Sautéed Seasonal Vegetables Cranberry Stuffing | Moroccan Vegetable Couscous Yellow & Green Beans Sauté Oil fashioned Johnny Cake | Garlic Sautéed Yellow and Green Zucchini and Tomatoes Mac and Cheese Assortment of Sauces | Sauteed Perogies Stir fried Red &Green Cabbage Breaded Spear Dill | Scalloped Potato Roasted Heirloom Carrots and Green Beans Battered Onion Rings | Vegan Adobo Glaze Cilantro Lime Rice Rapini and mushroom Vegetable Gyoza |

VEGAN AND GLUTEN FREE OPTIONS ARE PROVIDED