

Dinner Week 1



Monday 28-Jan		Tuesday 29-Jan		Wednesday 30-Jan		Thursday 31-Jan		Friday 1-Feb		Saturday 2-Feb		Sunday 3-Feb	
	Mushroom pasta Portabella, button, and shitake mushrooms, garlic, shallots, and porcini mushroom cream sauce tossed with pasta - vegetarian friendly, GF pasta available by request	Chicken Quesadilla Chicken, Pico de gallo, shredded cheese, and chipotle sauce; topped with sour cream, guacamole, and salsa --- Ranch chips -- Vegetarian friendly	Meatball grinders Italian meatball or vegan meatballs with homestyle tomato ragu, provolone, parmesan, oregano, garlic, and chili flakes -- Served with choice of Italian fries or green beans	Risotto bar Mushrooms, asparagus, tomatoes, peas, garlic, and parmesan cheese, with your choice of chicken or tofu - GF and vegan friendly	Carved Beef Brisket Seasoned wedge potatoes, corn and cabbage slaw, smoky barbecue sauce, crispy onions, and garlic bread							Jin's Stir Fry White or brown rice with peas, water chestnuts, nappa cabbage, red cabbage, baby corn, carrots, snap peas, broccoli, onions, and garlic. Your choice of chicken, shrimp, or tofu - vegan and GF friendly	
	Wing Bar Chicken wings or <i>Gardein</i> vegan wings; choice of sauce; comes with carrots, celery, ranch or blue cheese dressing, choice of side: French fries, pasta salad, Bacon and broccoli ranch salad	Mac and Cheese Bar Regular or Vegan mac and cheese, diced uncured pepperoni, sliced all beef hot dogs, or roasted chicken with assorted toppings to include hot peppers and onions, bacon, scallions, peas, shredded cheese, crispy onions, broccoli, jalapenos, tomatoes, and artichokes - Vegetarian friendly	Poblano's burrito bar Diced grilled chicken, crispy sriracha tofu, or chorizo with black or pinto beans your choice of cilantro-lime rice or brown rice, and assorted toppings made into your choice of walking taco, 2 tacos, burrito, nachos, or burrito bowl - vegan and GF friendly	Mediterranean Bar Gyros, Falafel, Chicken Schwarma, naan bread, lettuce, onions, olives, cucumbers, tomatoes, tahini sauce, roasted garlic hummus, tzatziki sauce, and crumbled feta cheese - Side of tabouli salad --vegetarian friendly	Wing Bar Chicken wings or <i>Gardein</i> vegan wings; choice of sauce; comes with carrots, celery, ranch or blue cheese dressing, choice of side: French fries, pasta salad, Bacon and broccoli ranch salad							Poblano's burrito bar Diced grilled chicken, crispy sriracha tofu, or chorizo with black or pinto beans your choice of cilantro-lime rice or brown rice, and assorted toppings made into your choice of walking taco, 2 tacos, burrito, nachos, or burrito bowl - vegan and GF friendly	
	Grilled Chicken Parmesan	Hickory Bacon Burger with tobacco onions and cheddar cheese	Lemon Garlic Shrimp	Roasted turkey breast with homestyle mushroom gravy	Teriyaki half chicken								
	Tuscan roasted eggplant stack with tofu ricotta	"Beyond Burger"	Portabella and Black Bean Enchilada casserole	Barbecue glazed Tempeh	Vegan teriyaki <i>Gardein</i> chicken								
	Buttered pasta	Garlic and Herb Fries	Redskin mashed potatoes	Creamy mashed potatoes	Egg Rolls							Station closed	
	Vegetable Medley	Broccoli	Vegetable and Chickpea Medley	Roasted whole Brussel Sprouts	Stir Fried Vegetables								
	Creamed Spinach	Vegetable Medley	Roasted Broccoli	Yellow Squash and Mushrooms	Sauteed Baby Bok Choy								
	Pizza bar	Pizza bar	Pizza bar	Pizza bar	Pizza bar							Pizza bar	
	Chef's Daily pasta	Chef's Daily pasta	Chef's Daily pasta	Chef's Daily pasta	Chef's Daily pasta							Chef's Daily pasta	
	Marinara sauce	Marinara sauce	Marinara sauce	Marinara sauce	Marinara sauce							Marinara sauce	
	Pasta	Pasta	Pasta	Pasta	Pasta							Pasta	
	Meatballs w/ Marinara	General Tso's Chicken	Hamburgers	General Tso's Chicken	Scrambled eggs/Tofu scramble							Chicken tenders	
	Shredded BBQ Chicken	General Tso's Tofu	Turkey Burgers	General Tso's Tofu	Sausage links							Grilled Chicken	
	Hand-made White Bean Burger	White rice	Salmon Burger	White rice	Waffles							BBQ Popcorn chicken	
	Corn Dogs	Fried rice	Hand-made Black Bean Burger	Fried rice	Biscuits/gravy							Grilled <i>Gardein</i> Chicken patty	
	Fries	Fries	Fries	Fries	Breakfast potatoes							Fries	
	Lettuce, tomato, sliced onion, pickles, cheddar cheese, provolone, parmesan, relish, brown mustard -- Hamburger buns, hoagie rolls	Fortune cookies, lo mein noodles, scallions, sliced onions, shredded cabbage, sriracha, sweet chili sauce	Lettuce, tomato, sliced onion, pickles, cheddar cheese, cole slaw -- Hamburger buns	Fortune cookies, lo mein noodles, scallions, sliced onions, shredded cabbage, sriracha, sweet chili sauce	Fresh fruit, yogurt, granola, chocolate chips, coconut, almonds, and flax seeds							Lettuce, tomato, sliced onion, pickles, cheddar cheese, cole slaw -- Hamburger buns	
	Roasted Chicken	Curry Turkey Salad	Grilled Chicken	Tuna Salad	Buffalo Chicken Salad							Grilled Chicken	
	Italian Farro Salad	Lemon and Artichoke Barley Salad	Cauliflower Cous Cous Tabouli	Macaroni Salad	German Potato Salad							Italian Pasta Salad	
	Caesar Salad	Greek Marinated Vegetables	Hummus	Kale and Apple Salad	Brussels Sprout Caesar							Caesar Salad	

GLUTEN FREE
GLUTEN FREE AND VEGAN
GLUTEN FREE AND VEGETARIAN
VEGAN
VEGETARIAN