

# Dinner Week 3



	Monday 11-Feb	Tuesday 12-Feb	Wednesday 13-Feb	Thursday 14-Feb	Friday 15-Feb	Saturday 16-Feb	Sunday 17-Feb
	<b>Breakfast for dinner</b>  Made to order omelet with 2 strips of bacon, home fries, biscuit, and a fruit cup	<b>Chicken Quesadilla</b>  Chicken, Pico de gallo, shredded cheese, and chipotle sauce; topped with sour cream, guacamole, and salsa verde --- Ranch chips -- Vegetarian friendly	<b>Jin's Stir Fry</b>  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	<b>Beef and broccoli</b>  Beef strips or vegan beef strips with broccoli, onions, peppers, and spicy stir fry sauce. Topped with sesame seeds and served over basmati rice	<b>Caesar bar</b>  Crispy romaine, garlic croutons, parmesan cheese, and creamy caesar dressing with your choice of salmon or chicken -- Vegetarian and gf friendly	Café Closed	<b>Jin's Stir Fry</b>  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
	<b>Wing Bar</b>  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	<b>Mac and Cheese Bar</b>  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	<b>Poblanos burrito bar</b>  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	<b>Mediterranean Bar</b>  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	<b>Wing Bar</b>  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		<b>Poblanos burrito bar</b>  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
  	<b>Grilled chicken cacciatore</b>  <i>Gardein</i> chicken cacciatore  Buttered penne pasta  Roasted asparagus  Vegetable medley	<b>Coffee braised boneless beef short ribs</b>  <i>Gardein</i> beef strips with homestyle gravy  Mashed potatoes  Roasted corn in husks  Steamed broccoli	<b>Rosemary crusted leg of lamb with horseradish mustard sauce</b>  Portabella, white bean, and asparagus stack with fig and balsamic reduction sauce  Roasted red potatoes  Baby squash medley  Tri color carrots	<b>Cajun shrimp</b>  Red bean and quinoa stuffed green peppers  Creamed corn casserole  Sweet potato mash  Seasoned cauliflower	<b>Roasted chicken picatta with artichokes and capers in a white wine and lemon butter sauce</b>  <i>Gardein</i> chicken picatta - artichokes and capers in a white wine and lemon "butter" sauce  Fingerling potatoes  Roasted broccoli  Scalloped potatoes	Station closed	Pizza bar  Chef's Daily pasta  Marinara sauce  Pasta
	<b>Pizza bar</b>  Chef's Daily pasta  Marinara sauce  Pasta	<b>Pizza bar</b>  Chef's Daily pasta  Marinara sauce  Pasta	<b>Pizza bar</b>  Chef's Daily pasta  Marinara sauce  Pasta	<b>Pizza bar</b>  Chef's Daily pasta  Marinara sauce  Pasta	<b>Pizza bar</b>  Chef's Daily pasta  Marinara sauce  Pasta		
	Meatballs w/ Marinara  Shredded BBQ Chicken  Hand-made White Bean Burger  Corn Dogs  Fries  Lettuce, tomato, sliced onion, pickles, cheddar cheese, provolone, parmesan, relish, brown mustard -- Hamburger buns, hoagie rolls	General Tso's Chicken  General Tso's Tofu  White rice  Fried rice  Fries  Fortune cookies, lo mein noodles, scallions, sliced onions, shredded cabbage, sriracha, sweet chili sauce	Hamburgers  Turkey Burgers  Salmon Burger  Hand-made Black Bean Burger  Fries  Lettuce, tomato, sliced onion, pickles, cheddar cheese, cole slaw -- Hamburger buns	General Tso's Chicken  General Tso's Tofu  White rice  Fried rice  Fries  Fortune cookies, lo mein noodles, scallions, sliced onions, shredded cabbage, sriracha, sweet chili sauce	Scrambled eggs/Tofu scramble  Sausage links  Waffles  Biscuits/gravy  Breakfast potatoes  Fresh fruit, yogurt, granola, chocolate chips, coconut, almonds, and flax seeds	Chicken tenders  Grilled Chicken  BBQ Popcorn chicken  Grilled <i>Gardein</i> Chicken patty  Fries  Lettuce, tomato, sliced onion, pickles, cheddar cheese, cole slaw -- Hamburger buns	
	Roasted chicken  Italian farro salad  Caesar salad	Curry turkey salad  Lemon and artichoke barley salad  Greek marinated vegetables	Grilled chicken  Cauliflower cous cous tabouleh  Hummus	Tuna salad  Macaroni salad  Kale and apple salad	Buffalo chicken salad  German potato salad  Brussels sprout caesar	Grilled Chicken  Italian Pasta Salad  Caesar Salad	

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