

Dinner Week 4



Monday 18-Feb		Tuesday 19-Feb		Wednesday 20-Feb		Thursday 21-Feb		Friday 22-Feb		Saturday 23-Feb		Sunday 24-Feb	
	Tuscan Veggie Pasta Eggplant, zucchini, red peppers, green peppers, yellow squash, chunky marinara, fresh basil, garlic, and penne pasta. Topped with grated parmesan cheese - Vegan friendly station	Carved Sirloin Horseradish cream sauce, demi glace, roasted red potatoes, fresh vegetables, and dinner rolls	Jin's stir fry White or brown rice with peas, water chestnuts, nappa cabbage, baby corn, carrots, bean sprouts, broccoli, onions, and garlic. Your choice of chicken, beef, or tofu - vegan and GF friendly	French dip Shaved roast beef or vegan beef with melted provolone on a hoagie roll served with au jus and crinkle cut fries	Linguini with clams Littleneck clams, lemon, parsley, and garlic tossed with linguini noodles	Café Closed		Café Closed		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					Café Closed		Café Closed	
	Blackened salmon with fresh lemon and cajun remoulade Red bean, tofu, and rice patties with cajun remoulade Basmati rice French beans Roasted pepper medley	Chicken empanadas with cilantro lime aioli Gardein chicken empanadas with cilantro lime aioli Cilantro lime rice Spiced cauliflower Wilted power green blend	Mama's meatballs with tomato ragout Gardein Vegan "meat" balls with tomato ragout Garlic and herb pasta Broccoli Sautéed spinach	Grilled bourbon orange chicken Bourbon orange Gardein chicken Cheesy scalloped potatoes Sautéed zucchini Battered green beans	Pepperoni stromboli with marinara Broccoli and tofu ricotta stromboli with marinara Pesto pasta Wilted kale Artichokes, capers, and garlic	Café Closed		Café Closed					
	Pizza bar Chef's Daily pasta Marinara sauce Pasta	Pizza bar Chef's Daily pasta Marinara sauce Pasta	Pizza bar Chef's Daily pasta Marinara sauce Pasta	Pizza bar Chef's Daily pasta Marinara sauce Pasta	Pizza bar Chef's Daily pasta Marinara sauce Pasta					Café Closed		Café Closed	
	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	Café Closed		Café Closed					
	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					Café Closed		Café Closed	

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