

Lunch 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	Waffle Bar A whole waffle with hot strawberry topping, hot apple topping, whipped cream, and with 2 slices of bacon -- Butter and maple syrup also available	Omelet station Variety of toppings and cheese Fruit and yogurt bar Bagel bar including flavored cream cheeses Gluten free bagels available
	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	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
	Indian Butter Chicken	Filet mignon beef tips with caramelized mushrooms and beef demi	Italian sausage lasagna with fresh ricotta, mozzarella, and basil	Hand-breaded buttermilk marinated chicken tenderloins (2)	Garlicky grilled mahi mahi with fresh lemon and butter		
	Indian lentils	Gardein Beef Tips with caramelized mushrooms and vegetable gravy	Vegetable lasagna with tofu "ricotta"	BBQ Tofu bites	Baked falafel cakes with tahini sauce		
	Wild rice pilaf	Seasoned waffle fries	Garlic bread	Macaroni and cheese	Basmati rice	Station closed	Station closed
	Vegetable pakora	Roasted zucchini	Roasted eggplant	Gr beans w/ caramelized onions	Broccolini		
	Steamed green beans	Cajun cauliflower	Crispy green beans	Roasted broccoli	Braised escarole		
	Pizza bar	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	Chef's Daily pasta
	Marinara sauce	Marinara sauce	Marinara sauce	Marinara sauce	Marinara sauce	Marinara sauce	Marinara sauce
	Pasta	Pasta	Pasta	Pasta	Pasta	Pasta	Pasta
	Hamburgers	BBQ Ribs	Grilled chicken	Grilled cheese	Jumbo Ballpark hot dogs	Hamburgers/turkey burgers	Hamburgers/turkey burgers
	Turkey burgers	Shredded spicy barbecue beef	Fried chicken patties	Gourmet grilled cheese	Italian sausages	Fried chicken patties	Fried chicken patties
	Fried catfish	Roasted half chicken	Blackened chicken	Vegan grilled cheese	Andouille sausage	Scrambled eggs	Scrambled eggs
	Handmade black bean burgers	BBQ Tofu	Veggie burgers	Tomato bisque	Gardein vegan meatballs	Biscuits/Sausage gravy	Biscuits/Sausage gravy
	Fries	Fries	Fries	Fries	Fries	Tater tots	Tater tots
	Lettuce, tomato, sliced onion, pickles, cheddar cheese, tartar sauce, sliced lemon wedges -- Hamburger buns	Pickles, lettuce, tomato, crispy onions, cole slaw -- Potato buns	Lettuce, tomato, sliced onion, pickles, cheddar cheese, cole slaw -- Hamburger buns	Lettuce, tomato, pickles, croutons, crackers, goldfish	Relish, sport peppers, diced onions, brown mustard, horseradish -- Hot dog buns, hoagie rolls	Lettuce, tomato, sliced onion, pickles, cheddar cheese -- Hamburger buns	Lettuce, tomato, sliced onion, pickles, cheddar cheese -- Hamburger buns
	Roasted chicken	Curry turkey salad	Grilled chicken	Tuna salad	Buffalo chicken salad	Grilled chicken	Grilled chicken
	Italian farro salad	Lemon and artichoke barley salad	Cauliflower cous cous tabouleh	Macaroni salad	German potato salad	Italian pasta salad	Italian pasta salad
	Caesar salad	Greek marinated vegetables	Hummus	Kale and apple salad	Brussels sprout caesar	Caesar salad	Caesar salad

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