

WHAT'S COOKING THIS WEEK ...

Sunday		Week 3
Soup & Salad		Soup du Jour, Beet & Horseradish Salad on Mixed Greens
Lunch Entree		Traditional Beef Shepherd's Pie
Vegetarian Lunch		Vegan Mushroom Bourguignon
Dinner Entree		Honey Roasted Chicken
Vegetarian Dinner		Spanish Style Quinoa
Sides		Potato Latkes, Roasted Butternut Squash
Monday		
Soup & Salad		Soup du Jour, Summer Bean Salad
Lunch Entrée		Salmon Cake
Vegetarian Lunch		Black Bean Cake
Dinner Entrée		Slow cooked Brisket
Vegetarian Dinner		Tempeh with Roasted Vegetables
Sides		Roasted Potatoes, Sautéed Spinach
Tuesday		
Soup & Salad		Soup du Jour, Minted Pea & Radish Salad
Lunch Entrée		Mediterranean Tilapia
Vegetarian Lunch		Tofu Biryani
Dinner Entree		Taco Tuesday, Beef, Chicken, Charred Tomato Salsa, Avocado, Tortillas
Dinner Vegetarian		Taco Tuesday, Vegan Filling, Charred Tomato Salsa, Avocado, Tortillas
Sides		Yellow Rice & Pinto Beans, Sautéed Squash Medley
Wednesday		
Soup & Salad		Soup du Jour, Faro Salad with Fresh Tomatoes
Lunch Entree		Wild Mushroom Chicken
Lunch Vegetarian		Marinated Portobello
Dinner Entree		Roasted Turkey
Dinner Vegetarian		Sage Seitan
Sides		Sweet Potato Casserole, Sautéed Green Beans
Thursday		
Soup & Salad		Soup du Jour, Greek Salad
Lunch Entree		BBQ Pulled Beef Sandwich
Vegetarian Lunch		Blackened Tofu
Dinner Entree		Chicken Cacciatore
Vegetarian Dinner		Pasta Bake
Sides		French Fries, Steamed Peas
Friday		
Soup & Salad		Soup du Jour, Chopped Salad
Lunch Entree		General Tso's Chicken
Vegetarian Entrée		General Tso's Tofu
Sides		Steamed Rice, Broccoli



Hours

Sunday – Thursday
11:00 AM – 8:00 PM
Friday
11:00 AM – 4:00 PM

Shabbat Meals

Available Friday evening
and Saturday for pick up at
Wilder Decafé



Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

YOUR MENU