

WHAT'S COOKING THIS WEEK ...

Monday		Dinner Week 4
Soup	Soup of the Day	
Entree	Chermoula Roast Leg of Lamb or Chicken & Dumplings	M W
Vegetarian Entree	Tempeh & Vegetable Tagine	S VE
Sides	Herbed Cous Cous	W VE
	Rice & Faro Pilaf	W VE
Vegetables	Spiced Acorn Squash	M
	Sautéed Green Beans with Garlic	VE
Bread & Salad	Soft Rolls	E M W V
	Garbanzo Bean Salad with North African Spices	VE
Tuesday		
Soup	Soup of the Day	
Entree	Turkey Meatloaf or Smoked Roast Beef with Mushroom Gravy	E W
Vegetarian Entree	Wild Mushroom & Spinach Baked Polenta	VE
Sides	Garlic Smashed Potatoes	M
	Stewed White Beans	VE
Vegetables	Broccolini	VE
	Sautéed Kale with Onions & Red Peppers	VE
Bread & Salad	Texas Toast with Garlic Butter	M W V
	Marinated Olives, Artichokes & Tomatoes	VE
Wednesday		
Soup	Soup of the Day	
Entree	Cedar Planked Salmon with Blackberry Compote or Smothered Chicken with Tomatoes, Peppers & Onions	F
Vegetarian Entree	Puerto Rican Arroz con Gandules with Sofrito Braised Squash	VE
Sides	Cheddar Grits	M V
	Fried Plantains	E W V
Vegetables	Mixed Fresh Squash with Sofrito	VE
	Grilled Asparagus	VE
Bread & Salad	Sweet Potato Biscuits	E M W V
	Hominy Salad	VE
Thursday		
Soup	Soup of the Day	
Entree	Chipotle Chicken Nachos	M
Vegetarian Entree	Black Bean & Roasted Corn Nachos	M V
Sides	Mexican Style Street Corn	E M V
	Yellow Rice with Pintos	VE
Vegetables	Steamed Broccoli	VE
	Carrots Sauté	VE
Bread & Salad	Soft White Corn Tortillas, Avocado, Charred Tomato & Pickled Red Onion Salad, & Tomatillo Salsa	VE



Recipes from Home
Let us feature a family favorite recipe.
See Chef Ben!

Hours
Sunday – Thursday
5:30 PM – 7:30 PM



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

YOUR MENU

WHAT'S COOKING THIS WEEK ...

Sunday	
Soup	Soup of the Day
Entree	Buttermilk Fried Chicken W M or Oven Roasted Fresh Herb & Garlic Chicken
Vegetarian Entree	Spicy Vegetable Gumbo with Rice VE
Sides	Macaroni & Cheese W M V Glazed Sweet Potatoes M V
Vegetables	Braised Collards M V Corn on the Cob VE
Bread & Salad	Cornbread W M E V Mixed Greens Salad with Fresh Herb Vinaigrette VE



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