

Week 1 Dinner Menu



	Monday 1-Oct	Tuesday 2-Oct	Wednesday 3-Oct	Thursday 4-Oct	Friday 5-Oct	Saturday 6-Oct	Sunday 7-Oct
BRAVO!	Greek Style Pasta Chicken Artichoke, Diced Tomatoes, Parsley Feta Cheese ,Garlic, Yogurt Oregano, Olive Oil, Lemon Juice Twisted and Penne Pasta	Gyro chicken Feta Leaf Lettuce, Sliced Tomatoes Hummus Tatziki Pita	Po'Boy Wrap Grilled Chicken Strips Lettuce, Tomato Diced Onions, Banana Peppers< Black Olives Remoulade Sauce< Ranch	Milk Shake Bar Vanilla, Strawberry Oreos, Coconut, Cherries, Milk Sprinkles, Whip Cream Raspberry and Chocolate Sauce	Smoothie Friday Raspberry Banana Blueberry Mango Milk Apple Juice Yogurt		
Deli	Chicken Salad V Hummus and Roasted Zucchini	Tuna Salad V Red Pepper and Kale Pesto Wrap	Italian Wrap V Peanut Butter, Granola, and Jelly Wrap	Crispy Bufal Chicken Wrap V Greek Salad Swandwich	Teriyaki Chicken Sub V Apple Nutella Sandwich		
Main Plate	Chipotle Crusted Pork Chops Three Cheese Scalloped Potatoes Orange Glazed Carrots V Braised Collard Greens	Chicken and Dumplins Couscous Pilaf Creamed Spinach and Artichokes V Spicy Bok Choy in Garlic Sauce	Meatloaf Mashed Potatoes Corn V Shredded Brussel Sprouts Brown Gravy	Pot Roast with Vegetables Quinoa & Bulgar Pilaf Snap Peas V Broccoli, Cauliflower and Carrots	V Baked Fish with Mango Salsa Garlic Grape Tomatoes Herb Rice Ratatouille	Beef Strognaff White Rice Garlic Vegetables V Sugar Snap Peas Penne with Meatballs and Marinara	Herb Baked Chicken V Sauteed Cabbage Wild Rice V Roasted Root Vegetable Stuffed Shells
VILLA TOSCANA	Sausage stromboli Cheese Pizza Pepperoni Pizza Zucchini and Squash Spaghetti V Marinara and Alfredo	V Margherita Pizza Cheese Pizza Pepperoni Pizza Cavatappi V Marinara and Alfredo	Bacon and Onion White Pizza Cheese Pizza Pepperoni Pizza Zucchini and Squash Spaghetti V Marinara and Alfredo	V Mushroom & Pepper Pizza Cheese Pizza Pepperoni Pizza Cavatappi Marinara and Pesto Sauce	Meat Lovers Calzone Cheese Pizza Pepperoni Pizza Zucchini and Squash Spaghetti V Marinara and Pesto Sauce	Cheese Calzone Cheese Pizza Pepperoni Pizza	Banana Pepper Pizza Cheese Pizza Pepperoni Pizza
Gluten free ZONE	V GF Tofu and Garden Veggie Skewers with Orange -Maple Glaze GF V Chick Peas & Rice GF V Grilled Zucchini	V GF Quinoa Casserole GF V Green Peas GF V Roasted Root Vegetables	GF V Potato Torta with Sausage and Chard GF V Lentils with Toasted Coconut GF V Sesame Bok Choy	GF V Vegan Chicken and Chard GF V Collard Greens GF V Roasted Garbanzo Beans Bruschetta	V Mushroom Street Tacos with Cilantro Cream sauce V Spicy Potato Curry V Herb Roasted Broccoli	V GF Tofu and Garden Veggie Skewers with Orange -Maple Glaze GF V Chick Peas & Rice GF V Grilled Zucchini	V GF Quinoa Casserole GF V Green Peas GF V Roasted Root Vegetables
J. CLARK'S GRILLE	Grilled Hot Dogs with Cheese Grilled Vegetable Wraps V Crinkle Cut Fries Made Upon Request Pizza Logs, Turkey Burger, Grill Cheese, Hamburger and Cheese Quesadilla	Grilled Three Cheese Sandwich Bacon Cheeseburger GF V House Made Fresh Cut Fries Made Upon Request Pizza Logs, Turkey Burger, Grill Cheese, Hamburger and Cheese Quesadilla	V Black Bean Veggie Burger Ranch Chicken Cheese Wraps V Potato Wedges Made Upon Request Pizza Logs, Turkey Burger, Grill Cheese, Hamburger and Cheese Quesadilla	V Caprese Grilled Cheese Taco Quesadilla GF V House Fried Potato Chips Made Upon Request Pizza Logs, Turkey Burger, Grill Cheese, Hamburger and Cheese Quesadilla	Turkey Rachel Wraps V PB&J Barna Cristo GF V Waffle Fries Made Upon Request Pizza Logs, Turkey Burger, Grill Cheese, Hamburger and Cheese Quesadilla	Italian Sausage Sandwich Chicken Quesadilla GF V House Fried Potato Chips Made Upon Request Pizza Logs, Turkey Burger, Grill Cheese, Hamburger and Cheese Quesadilla	Grilled Cheese & Hot Dog Sandwich Beef Burrito Wraps GF V Tater Tots Made Upon Request Pizza Logs, Turkey Burger, Grill Cheese, Hamburger and Cheese Quesadilla
green scene	V Italian Pasta Salad GF V Greek Roasted Garbanzo Bean Salad GF Hummus with Pita Chips	V Italian Pasta Salad GF V Greek Roasted Garbanzo Bean Salad GF Hummus with Pita Chips	BLT Pasta Salad GF V Texas Slaw GF Roasted Red Pepper Hummus with Grill Pita Chips	BLT Pasta Salad GF V Texas Slaw GF Roasted Red Pepper Hummus with Grill Pita Chips	V Tortellini Salad GF Chicken Mango Salsa Salad w/ Chipotle Lime Vinaigrette GF Buffalo Chicken Wing Dip with Homemade Tortilla Chips	Tortellini Salad GF Chicken Mango Salsa Salad w/ Chipotle Lime Vinaigrette	Tortellini Salad GF Chicken Mango Salsa Salad w/ Chipotle Lime Vinaigrette
duJour	V Cream of Vegetable Hamburger Macaroni Soup	V Potato Broccoli Soup GF Italian Sausage Soup	V Cheesy Asparagus GF Stuffed Pepper Soup	V Cream of Tomato GF Turkey Wild Rice Veggie Soup	V Vegetable Soup GF New England Clam Chowder	Chicken Noodle Soup Cream of Vegetable Soup	Beef Noodle Soup Vegetable Chili

* Contains or may contain raw or undercooked ingredients. Consuming raw or uncooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.

- Denotes Vegetarian Item
- Denotes Vegan Item
- Denotes Gluten-Free Item