

# Week 3 Dinner Menu



	Monday 9-Sep	Tuesday 10-Sep	Wednesday 11-Sep	Thursday 12-Sep	Friday 13-Sep	Saturday 14-Sep	Sunday 15-Sep
<b>BRAVO!</b>	<b>Ramen Noodle Bar</b> Lo Mein Noodle Juileene Cut Chicken Sliced Mushroom Chicken Broth, Garlic, Rice Vinegar Almond Milk, Ginger, Black Pepper Italian Melt	<b>Po'Boy Wrap</b> Fried Sliced Chicken Strips Buffalo Sauce, Ranch, Diced Tomatoes Shredded Lettuce, 12' Wraps BBQ Turkey Wrap	<b>Shrimp and Grits</b> Sauteed Shrimp, Sliced Andouille Sausage Cheesy Grits, Sauteed Onions and Peppers Chicken Caesar Wrap	<b>Smoothie Thursday</b> Cucumber Honeydew Orange Juice Crushed Ice Fresh Mint leaves Tuna Salad Wrap	<b>Taco Bar</b> Ground Beef, Pico, Shredded Lettuce, Salsa, Black Olives, Diced Red Onion, Shredded Cheese, Sour Cream 6" Flour Tortilla Chicken Bacon and Avocado Sandwich		
<b>MARKET ST. DELI</b>	Self Serve GF V TriColor Coleslaw	Self Serve GF V Greek Salad	Self Serve GF V Mexican Quino Salad	Self Serve GF V Tabouli with Pita Chips	Self Serve GF V Broccoli Salad		
<i>Main Plate</i>	Salisbury Steak Macaroni Cheese Snap Peas GF V Capri Blend Vegetables	GF French Dip Sandwiches Mashed Potatoes Gravy GF Swiss Chard GF Sundried Tomatoes and Artichokes	GF Turkey Ala King V Egg Noodles V Fried Green Beans GF Buttered Corn	GF Chicken Marsala GF Herb Roast Potatoes GF Steamed Yellow Squash GF Broccoli Parmesan V V	GF Baked Tilapia with Bruschetta Topping GF Kale and Quina Fry Up GF V Seared Brussel Sprouts GF Braised Mushrooms V	Country Fried Steak GF Mash Potatoes GF V Chef Choice Vegetables GF V Chef Choice Vegetables	Meatloaf V Creamy Pesto Pasta Bake GF V Chef Choice Vegetables V Chef Choice Vegetables
<b>VILLA TOSCANA</b>	V Cheese Pizza Pepperoni Pizza V Philly Cheesesteak Calzone Penne V Marinara and Alfredo	V Cheese Pizza Pepperoni Pizza V Roasted Vegetable Pizza Spaghetti V Pesto and Alfredo	V Cheese Pizza Pepperoni Pizza Sausage and Pepperoni Pizza Cavatappi V Marinara and Alfredo	V Cheese Pizza Pepperoni Pizza V Buffalo Chicken Pizza Ziti V Alfredo and Pesto	V Cheese Pizza Pepperoni Pizza Supreme Pizza Penne V Marinara and Alfredo	V Pepperoni Pizza V Roasted Vegetables Pizza Cavatappi Marinara and Alfredo Sauce	V Pepperoni Pizza V Roasted Vegetables Pizza Cavatappi Marinara and Alfredo Sauce
<i>Gluten free ZONE</i>	V Chipotle Butternut Squash V Snap Peas GF Capri Blend	GF V Vegetable Ragout GF V Swiss Chard GF Sundried Tomatoes with Artichokes	V Mushroom Stroganoff V Buttered Corn GF Fried Green Beans	GF Tuscan Garbanzo Beans GF V Herb Roasted Potatoes GF V Broccoli Parmesan	V Tofu Roasted in Tomato Broth GF Kale and Quinoa GF Braised Mushrooms		
<b>J. CLARK'S GRILLE</b>	Turkey Bacon Avacodo Panini Roasted Vegetable Tacos GF Crinkle Cut Fries	Meatball Sub Sandwich V Flatbread with Bruschetta and Balsamic Glaze GF Waffle Fries	Chili Dogs Metz mac Wrap GF House Made Chips	V Chicken Tenders Patty Melt GF Straight Cut Fries	Bacon Cheese Burger Chicken Quesadilla GF Curley Fries	Grilled Cheese Sandwich Pulled BBQ Pork GF Fries	Corn Dogs Philly Cheese Steaks GF Fries
	GF TriColor Coleslaw GF V	GF V Greek Salad	GF V Mexican Quino Salad	GF V Tabouli with Pita Chips	GF V Broccoli Salad		
<b>duJour</b>	GF V Vegetable Rice Soup GF V Chicken Corn Chowder	GF V Italian Bean Soup GF V Bacon and Baked Potato Soup	V Minestrone Soup GF Cheddar Chicken Soup	V Cream of Tomato Soup GF Irish Stew	GF V Vegan Black Bean Soup GF V New England Clam Chowder	V Turkey Noodle Soup GF Cream of Cauliflower Soup	V Chicken Noodle Soup GF Cream of Broccoli Soup

\* 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