

# Week 4 Dinner Menu



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Ultimate Chili Station</b> Beef Chili, Vegetable Chili Diced Onion, Crispy Bacon Sour Cream, Green Onions Corn Bread, Dinner Rolls	<b>Chips and Dip</b> House Made Chips, Home Made Tortilla Chips Salsa, French Onion Dip Queso, Pico, Black Olives Shredded Lettuce, Diced Onions	<b>Baked Potato Bar</b> Baked Potato Beef Chili and Veggie Chili Steamed Broccoli Cheddar Cheese, Chopped Bacon Butter, Sour Cream	<b>Oriental Noodle Bowl</b> Lo Mein Noodles, Chicken Broth Vegetable Broth, Soy Sauce Diced Chicken, Diced Tofu Diced Carrots, Peas, Mushrooms Sliced Green Onions	<b>Smoothie Thursday</b> Pineapple Kiwi Vanilla Yogurt Crushed Ice Mint		
	Italian Melt Self Serve Brussel Sprout Salad	BBQ Turkey Wrap Self Serve Greek Quinoa Salad	Chicken Caesar Wrap Self Serve Autumn Kale Salad	Tuna Salad Wrap Self Serve Pickled Farro Salad	Chicken Bacon and Avocado Sandwich Self Serve Wheatberry and Black Bean Salad		
<i>Main Plate</i>	Chicken Curry Basmati Rice Fried Egg Plant Garlic Stirfry Vegetables	Chipotle Orange Beef Ginger Coconut Rice General Tso Vegetables Bok Choy	Cuban Pork Loin Mashed Potatoes California Blend Vegetables Braised Mushrooms	BBQ Chicken Breast Red Roasted Potatoes Asparagus Yellow Squashe	Grilled Salmon Scallop Potatoes Sauteed Kale Roasted Grape Tomatoes	Roasted 8-Cut Chicken Dirty Rice Chef Choice Vegetables Chef Choice Vegetables	Flank Steak Mash Potatoes Chef Choice Vegetables Chef Choice Vegetables
	Cheese Pizza Pepperoni Pizza Greek Chicken Pizza Penne Marinara and Alfredo	Cheese Pizza Pepperoni Pizza Meatlovers Pizza Spaghetti Pesto and Alfredo	Cheese Pizza Pepperoni Pizza Philly Cheese Steak Cavatappi Marinara and Alfredo	Cheese Pizza Sausage and Banana Pepper Vegetable Supreme Pizza Penne Alfredo and Pesto Sauce	Cheese Pizza Pepperoni Pizza BLT Pizza Penne Marinara and Alfredo	Cheese Pizza Pepperoni Pizza Cavatappi Marinara and Alfredo	Cheese Pizza Pepperoni Pizza Cavatappi Marinara and Alfredo
	Curry Tofu Basmati Rice Garlic StirFry Vegetables	Red Beans and Rice Bok Choy	Herbed Tofu Rice California Blend Vegetables	Grilled Egg Plant Asparagus Yellow Squash	French Green Lentel and Artchokes Saute Kale Roasted Grape Tomatoes		
	Turkey Rachel Flat Bread Vegan CheeseSteak Crinkle Cut Fries	BBQ Beef Sandwich Egg Plant Parm Sandwich Straight Cut Fries	Chicken Tenders Buffalo Tofu Wraps Curly Cut Fries	Quesadilla Burger Asian Tacos Waffles Fries	Beer Batter Cod Sandwich Vegetable Quesadilla Straight Cut Fries	Turkey Franks Grilled Cheese Chef Choice Fries	Cheeseburgers Cheese Quesadilla Chef Choice Fries
	Brussel Sprout Salad	Greek Quinoa Salad	Autumn Kale Salad	Pickled Farro Salad	Wheatberry and Black Bean Salad		
	Vegetable Chili Chinese Chicken Soup	Tomato Florentine Soup Chicken Tortilla Soup	Cream of Mushroom Soup 3 Bean and Ham Soup	Cream of Tomato Soup Brown Rice Turkey Soup	Beer Cheese Soup New England Clam Chowder	Wisconsin Cheddar Soup Chicken Gumbo Soup	Wisconsin Cheddar Soup Chicken Gumbo 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.