

Week 1 Dinner Menu



	Monday 21-Jan	Tuesday 22-Jan	Wednesday 23-Jan	Thursday 24-Jan	Friday 25-Jan	Saturday 26-Jan	Sunday 27-Jan
BRAVO!	Chicken Fried Rice Chicken White or Brown Rice Peas, Carrots, Broccoli, Water Chestnuts Sliced Mushrooms General Tso's or Teriyaki Sauces		Tossed Greek Chicken Salad Iceberg and Romaine Mixed Black and Green Olives Artichoke Hearts and Roasted Red Peppers Feta Cheese Crumbly Greek or Italian Dressing		Stir Fry Beef and Broccoli White Rice Green Onions Stir Fry Sauce Soy Sauce and Duck Sauce		
MARKET ST. DELI	Tuna Melt	Super Italian Hoagie	Hot Buffalo Chicken with Cheese and Bacon On Ciabatta	Grilled Vegetable Melt	Hot Pizza Sub	Turkey Club	Deli Club
<i>Main Plate</i>	Stuffed Bell Peppers Cheddar Chive Mashed Potatoes Orange Glazed Carrots Braised Collard Greens	General Tso's Chicken Fried Rice Sesame Green Beans Steamed Broccoli	Meatloaf Mashed Potatoes Corn Shredded Brussel Sprouts Brown Gravy	Hearty Chicken Stew Egg Noodles Sautéed Swiss Chard Roasted Rutabagas & Carrots	Baked Fish with Mango Salsa Herb Rice Pilaf Pineapple Glazed Carrots Ratatouille	Beef Stroganoff White Rice Garlic Vegetables Sugar Snap Peas Penne with Meatballs and Marinara	Herb Baked Chicken Sautéed Cabbage Wild Rice Roasted Root Vegetable Stuffed Shells
VILLA TOSCANA	Sausage Stromboli Cheese Pizza Pepperoni Pizza Cavatappi and Spaghetti Marinara and Alfredo Italian Sausage	Grilled Vegetable Pizza Cheese Pizza Pepperoni Pizza Cavatappi and Spaghetti Marinara and Alfredo Italian Sausage	Bacon and Onion White Pizza Cheese Pizza Pepperoni Pizza Cavatappi and Spaghetti Marinara and Alfredo Italian Sausage	Mushroom & Red Pepper Pizza Cheese Pizza Beef on Weck Pizza Cavatappi and Spaghetti Marinara and Alfredo Meatballs	Meat Lover Calzone Cheese Pizza Pepperoni Pizza Cavatappi and Spaghetti Marinara and Alfredo Meatballs	Cheese Calzone Cheese Pizza Pepperoni Pizza	Banana Pepper Pizza Cheese Pizza Pepperoni Pizza
<i>Gluten-free ZONE</i>		Tofu and Garden Veggie Skewers with Orange-Maple Glaze Chick Peas & Rice Sautéed Zucchini		Stuffed Bell Peppers Lentils with Toasted Coconut Sesame Bok Choy			
J. CLARK'S GRILLE	Grilled Hamburgers Grilled Vegetable Wraps French Fries	Grilled Three Cheese Sandwich Grilled Marinated Chicken Breast House Made Fresh Cut Fries	Grilled Hamburgers Chicken Tenders French Fries	Grilled Marinated Chicken Breast Caprese Grilled Cheese House Cut French Fries	Grilled Hamburgers Turkey Rachel Wraps French Fries	Grilled Marinated Chicken Breast Taco Quesadilla Tater Tots	Grilled Hamburgers Chicken Quesadilla Waffle Fries
green scene <small>farm to table fare</small>	Asian Salad with Cucumber Wasabi Dressing Greek Roasted Garbanzo Bean Salad Hummus with Pita Chips	Asian Salad with Cucumber Wasabi Dressing Greek Roasted Garbanzo Bean Salad Hummus with Pita Chips	Black Bean and Corn Salad Texas Slaw Roasted Red Pepper Hummus with Grill Pita Chips	Black Bean and Corn Salad Texas Slaw Roasted Red Pepper Hummus with Grill Pita Chips	Tortellini Salad Broccoli Salad Buffalo Chicken Wing Dip with Homemade Tortilla Chips	Tortellini Salad Broccoli Salad	Tortellini Salad Broccoli Salad
duJour	Cream of Cauliflower Hamburger Macaroni Soup	Potato Broccoli Soup Italian Sausage Soup	Beans and Greens Stuffed Pepper Soup	Cream of Tomato Turkey Wild Rice Veggie Soup	Vegetable Soup New England Clam Chowder	Chicken Noodle Soup Chili	Chicken Noodle Soup 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