

BREAKFAST PASTRIES

Rotating Baked Goods

Raspberry Muffin

Maple Scone

Assortment of Tea Bread: Cranberry, Lemon Poppy, Marble and Blueberry

Maple Scone

Classic Muffin/Muffin Tops

(Always Available)

Blueberry

Cranberry

Lemon Poppy

Chocolate Chip

Cinnamon Chip

Corn

SANDWICHES

Rotating Sandwiches

Turkey Cobb Salad Wrap

Salami and Provolone

Hummus and Tabbouleh

Classic Sandwiches

Herb Grilled Chicken and Cheddar

Classic Chicken Salad

Turkey and Havarti

Roast Beef and Boursin

Ham and Swiss

Ham and Brie

Classic Tuna Salad

Grilled Seasonal Vegetable

Caprese

Specialty Sandwiches

Chicken Caesar Wrap

Italian Chicken Cutlet

Sesame Chicken Wrap

Turkey Club

Roast Beef with Onion Twigs

Falafel with Grilled Vegetables and Tahini Sauce

Eggplant Parmesan

SANDWICH MAKING PLATTERS

Basic

Turkey, Roast Beef, Smoked Ham, Tuna, Grilled Chicken Breast, Swiss Cheese, Cheddar Cheese, Grilled Vegetables, Celery and Carrot Sticks

Executive

Baked Ham, Buffalo Chicken Breast, Herb Roasted Turkey, Cheddar Cheese, Portabella Mushrooms, Sliced Tomatoes, Grilled Chicken Breast, Tuna, Herbed Havarti, Eggplant Parmesan, Salmon Salad with Capers & Mayonnaise, Chicken Salad with Red Grapes, Celery & Honey-Mustard Mayonnaise and Bleu Cheese Dressing

Mediterranean

Lemon Oregano Chicken Breast, Prosciutto, Salami, Shrimp, Tomato & Cucumber Salad, Stuffed Grape Leaves, Hummus, Tabbouleh, Sliced Tomatoes, Sliced Melon, Pickled Vegetables, Olives, Tzatziki Cucumber Yogurt Dip and Pita Chips

MONDAY

Hot Food

*Clam Chowder
Bacon and Cheddar Quiche
Quiche Lorraine
Teriyaki Beef Kebabs
Chicken Kebabs
Seasonal Stuffed Squash (with Butternut Squash Puree) with Roasted Pepita Seeds
Asparagus Ravioli in Lemon Cream Sauce*

Cold Salads

*Lemon Honey Grilled Chicken with Orzo Pasta
Chicken Teriyaki with Asian Noodle Salad
Italian Chicken Salad with Green Beans and Roasted Red Peppers in Balsamic Vinaigrette
Tofu Curried Rice Salad
Cobb Salad with Grilled Chicken
Tossed Salad
Caesar Salad
Field Greens with Chickpeas, Cucumbers, Tomatoes and Avocado
Field Greens with Gorgonzola, Cranberries and Pecans
Field Greens with Goat Cheese, Sliced Strawberries and Almonds
Arugula with Mozzarella Pearls and Grape Tomatoes
Bowtie Pasta Primavera with Peas in Lemon Vinaigrette
Tortellini with Sundried Tomatoes & Artichoke Hearts in Creamy Parmesan
Tortellini with Roasted Red Peppers and Spinach in Pesto*



TUESDAY

Hot Food

Grilled Salmon Fillet with Mediterranean Salsa
Salmon Turbans with Spinach and Feta in Lemon Dill Sauce
Braised Beef Short Ribs with Pearl Onions and Carrots in Port Wine Sauce
Lemon Oregano Chicken Breast
Chicken Milanese with Arugula, Chopped Tomatoes and Lemon Wedges
Chicken Piccata with Artichokes and Mushrooms In Lemon Caper Sauce
Olive Oil and Fresh Herb Roasted Cauliflower Steak with Eggplant Caper Caponata
Eggplant Stacks with Spinach in Tomato Basil Sauce

Cold Salads

Chicken Teriyaki or Tofu with Asian Noodle Salad
Marinated Grilled Chicken with Orzo Pasta
Cobb Salad
Greek Salad
Caesar Salad
Field Greens with Gorgonzola, Cranberries and Pecans
Field Greens with Chickpeas, Cucumbers, Tomatoes and Avocado
Field Greens with Goat Cheese, Sliced Strawberries and Almonds
Arugula Salad with Mozzarella Pearls and Grape Tomatoes
Bowtie Pasta Primavera with Peas in Lemon Vinaigrette
Tortellini with Sundried Tomatoes & Artichoke Hearts in Creamy Parmesan
Tortellini with Roasted Red Peppers and Spinach in Pesto

WEDNESDAY

Hot Food

Grilled Sea Bass with Mediterranean Salsa
Baked Stuffed Shells with Herbed Ricotta in Bolognese Sauce
Herb Encrusted Chicken Breast with Fresh Rosemary and Garlic Sauce
Baked Stuffed Shells with Herbed Ricotta in Marinara Sauce
Potato Quinoa Cakes with Red and Yellow Beet Salad with Tzatziki Sauce
Vegan Pad Thai

Cold Salads

Grilled Salmon Fillet with Asparagus, Yellow Bell Pepper and Cucumber Salad
Tahini and Sesame Crusted Chicken Cutlet with Brown Wild Rice, Tabbouleh, Cucumber, Tomato and Mint Salad
Lemon Honey Grilled Chicken with Orzo Pasta
Tofu with Asian Noodle Salad
Cobb Salad with Grilled Chicken
Tomato, Fresh Mozzarella and Basil with Balsamic Drizzle
Caesar
Field Greens with Apple and Cheddar
Field Greens with Chickpeas, Cucumbers, Tomatoes and Avocado
Field Greens with Goat Cheese, Cranberries and Pecans
Spinach with Goat Cheese, Sliced Strawberries and Almonds
Spinach, Arugula and Endive Salad with Bacon and Hard Boiled Egg
Arugula Salad with Mozzarella Pearls and Grape Tomatoes
Bowtie Pasta Primavera with Peas in Lemon Vinaigrette
Tortellini with Sundried Tomatoes & Artichoke Hearts in Creamy Parmesan
Tortellini with Roasted Red Peppers and Spinach in Pesto
Penne Pasta with Smoked Gouda, Roasted Red Pepper and Spinach in Creamy Parmesan

THURSDAY

Hot Food

Clam Chowder
Sweet and Sour Chicken with Fresh Bell Peppers and Pineapple
Sesame Crusted Tofu with Asian Paella with Sweet Potatoes, Eggplant and Edamame
Vegetable Lo-Mein

Cold Salads

Grilled Salmon Fillet with Asparagus, Yellow Bell Pepper and Cucumber Salad
Grilled Skirt Teriyaki with Asian Noodle Salad
Grilled Skirt Steak with Roasted Potato Salad
Lemon Honey Grilled Chicken with Orzo Pasta
Cobb Salad with Grilled Chicken
Curried Rice Salad
Caesar Salad
Tossed Salad
Tossed Salad with Snow Peas, Tricolored Bell Pepper and Vegetable Confetti
Field Greens with Chickpeas, Cucumbers, Tomatoes and Avocado
Spinach with Goat Cheese, Sliced Strawberries and Pecans
Arugula Salad with Mozzarella Pearls and Grape Tomatoes
Bowtie Pasta Primavera with Peas in Lemon Vinaigrette
Tortellini with Sundried Tomatoes & Artichoke Hearts in Creamy Parmesan
Tortellini with Roasted Red Peppers and Spinach in Pesto

FRIDAY

Hot Food

Clam Chowder
Grilled Salmon Fillet with Mediterranean Salsa
Salmon Turbans with Spinach and Feta in Lemon Dill Sauce
Chicken Piccata with Artichokes and Mushrooms In Lemon Caper Sauce
Vegetable Pot Pie with Mashed Sweet Potato Topping
Sundried Tomato, Spinach and Marscapone Cheese Ravioli in Garlic Cream Sauce
Grilled Tofu and Vegetable Kebabs

Cold Salads

Tossed Salad
Field Greens with Goat Cheese, Sliced Strawberries and Almonds
Arugula Salad with Mozzarella Pearls and Grape Tomatoes
Bowtie Pasta Primavera with Peas in Lemon Vinaigrette
Tortellini with Sundried Tomatoes & Artichoke Hearts in Creamy Parmesan
Tortellini with Roasted Red Peppers and Spinach in Pesto