

## BREAKFAST PASTRIES

### Rotating Baked Goods

*Blueberry Muffin  
Cherry Scone  
Banana Tea Bread*

### Classic Muffin/Muffin Tops (Always Available)

*Blueberry  
Cranberry  
Lemon Poppy  
Chocolate Chip  
Cinnamon Chip  
Corn*

## SANDWICHES

### Rotating Sandwiches

*Egg Salad  
Chicken Cutlet  
Bacon, Lettuce and Tomato Wrap*

### Classic Sandwiches

*Chickpea, Avocado and Cilantro Puree Wrap  
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

*Herb Roasted Turkey Breast, Roast Beef, Smoked Ham, Tuna Salad, Classic Chicken Salad, Grilled Chicken Breast, Sliced Alpine Swiss, Vermont Cheddar, Half-Sour Pickles, Grilled Seasonal Vegetables, Celery and Carrot Sticks, Honey Mustard and Mayonnaise*

### Executive

*Applewood Smoked Ham, Buffalo Chicken Breast, Herb Roasted Turkey Breast, Herb Grilled Chicken Breast, Tuna Salad, Vermont Cheddar, Herbed Havarti, Eggplant Parmesan, Celery and Carrot Sticks, , Grilled Portobello Mushrooms, Salmon Salad with Capers, Chives and Olives  
Chicken Salad with Red Grapes, Celery and Dijon Aioli and Blue Cheese Dressing*

### Mediterranean

*Lemon Oregano Chicken Breast, Prosciutto di Parma, Genoa Salami, Stuffed Grape Leaves, Hummus, Tabbouleh, Shrimp Salad with Cucumber, Olive and Tomato  
Pickled Vegetables, Rosemary Scented Olives, Cucumber and Dill Tzatziki Dip  
with Toasted Pita Chips and Sesame Lavasch Crackers*

## MONDAY

### Hot Food

*Quiche Lorraine  
Spinach Quiche  
Spinach, Feta and Tomato Quiche  
Minestrone Soup  
Make Your Own Quinoa Bowl  
Honey Lime Glazed Salmon with Tropical Fruit Salsa  
Artichoke Encrusted Salmon in Tomato Scallion Beurre Blanc  
Stir Fried Beef with Lime Juice and Sherry Vinaigrette  
Sesame Crusted Chicken with Orange Ginger Sauce  
Lemon Grass Chicken with Green Beans  
Asparagus, Ricotta and Parmesan Agnolotti in Lemon Basil Cream  
Eggplant Curry with Cauliflower, Sweet Potato and Green Beans*



## MONDAY

### Cold Salads

*Grilled Salmon Fillet with Roasted Vegetables*  
*Italian Grilled Chicken with Roasted Red Peppers and Green Beans*  
*Tofu with Asparagus, Yellow Bell Pepper and Cucumber Salad*  
*Tofu Curried Rice Salad*  
*Cobb Salad*  
*Chef Salad*  
*Grilled Chicken Caesar Salad*  
*Greek Salad*  
*Tossed Salad*  
*Tossed Salad with Cucumbers and Tomatoes*  
*Tossed Salad with Chickpea and Avocado*  
*Field Greens with Chickpeas, Cucumbers, Tomatoes and Avocado*  
*Field Greens with Gorgonzola, Caramelized Pears and Pecans*  
*Field Greens with Bleu Cheese, Apple and Spiced Pecans*  
*Spinach Salad with Sliced Strawberries, Goat Cheese and Almonds*  
*Penne Pasta with Smoked Gouda, Spinach and Roasted Peppers in Creamy Parmesan*  
*Cavatappi Pasta Salad with Vegetable Confetti*  
*Roasted Potato Salad*  
*White and Wild Rice with Dried Fruit in Lemon Vinaigrette*

## TUESDAY

### Hot Food

*Bacon and Cheddar Quiche*  
*Spinach and Feta Quiche*  
*Grilled Salmon with Mediterranean Salsa*  
*Shrimp, Scallop and Salmon Kebabs*  
*Grilled Skirt Steak with Chimichurri Sauce*  
*Grilled Skirt Steak with Fried Shallots in Port Wine*  
*Balsamic Chicken Breast with Fresh Rosemary and Garlic*  
*Lemon Oregano Chicken Breast*  
*Chicken Parmesan*  
*Lemon Herb Chicken Kebabs*  
*Chicken Picatta with Artichokes and Mushrooms in Lemon Caper Sauce*  
*Portobello Mushroom Cap Stuffed with Lemon Scented Risotto and Basil*  
*Baked Ziti with Chicken and Broccoli*  
*Eggplant Parmesan*  
*Grilled Tofu and Vegetable Kebabs*  
*Asparagus, Ricotta and Parmesan Agnolotti in Lemon Basil Cream*  
*Baked Stuffed Shells with Herbed Ricotta in Marinara*  
*Baked Macaroni and Cheese*  
*Vegetable Pot Pie with Sweet Potato Topping*  
*Spinach and Feta Pie*



## TUESDAY

### Cold Salads

*Grilled Salmon Fillet with Asparagus, Yellow Bell Pepper and Cucumber Salad*  
*Fajita Sliced Steak with Corn Salad, Black Beans, Cilantro, Red Pepper, Avocado in Chipotle Lime Vinaigrette*  
*Marinated Grilled Chicken with Roasted Vegetables*  
*Cobb Salad*  
*Tossed Salad*  
*Greek Salad*  
*Caesar Salad*  
*Field Greens with Apple and Cheddar*  
*Field Greens with Goat Cheese, Cranberries and Spiced Pecans*  
*Field Greens with Chickpeas, Cucumbers, Tomatoes and Avocado*  
*Spinach Salad with Roquefort, Cranberries and Pecans*  
*Spinach Salad with Sliced Strawberries, Goat Cheese and Almonds*  
*Tortellini with Roasted Red Peppers and Spinach in Pesto*  
*Tortellini with Sundried Tomatoes and Artichoke Hearts in Creamy Parmesan*  
*Asian Noodle Salad in Orange Soy Vinaigrette*  
*Orzo Pasta in Lemon Vinaigrette*  
*Wild Rice, Corn and Peppers in Chili Lime Vinaigrette*  
*White and Wild Rice with Dried Fruit in Lemon Vinaigrette*  
*Herbed Quinoa, Kale and Chickpea Salad with Feta, Parsley and Sunflower Seeds in Lemon Tahini Vinaigrette*

## WEDNESDAY

### Hot Food

*Bacon and Cheddar Quiche*  
*Spinach, Tomato and Feta Quiche*  
*Make Your Own Fajitas: Beef, Blackened Chicken and Vegetarian*  
*Grilled Salmon with Mediterranean Salsa*  
*Salmon Turbans with Spinach and Feta in Lemon Dill Sauce*  
*Grilled Skirt Steak with Chimichurri Sauce*  
*Braised Beef Short Ribs with Glazed Carrots and Pearl Onions in Port Wine*  
*Barbecue Chicken*  
*Honey Lime Glazed Chicken Breast*  
*Chicken Milanese with Arugula, Diced Tomatoes and Lemon Wedges*  
*Chicken Picatta with Artichokes and Mushrooms in Lemon Caper Sauce*  
*Sesame Crusted Chicken in Orange Ginger Sauce*  
*Spinach and Feta Pie*  
*Stuffed Bell Peppers with Red Beans and Rice*  
*Baked Ziti with Grilled Vegetables in Parmesan Cream*  
*Baked Stuffed Shells with Herbed Ricotta in Marinara*  
*Asparagus, Ricotta and Parmesan Agnolotti in Lemon Basil Cream*  
*Polenta with Wild Mushroom Ragout with Brussel Sprouts and Carrots*  
*Lemon Scented Risotto*

## WEDNESDAY

### Cold Salads

*Grilled Salmon Fillet with Asparagus, Yellow Bell Pepper and Cucumber Salad*  
*Salmon Teriyaki with Asian Noodle Salad*  
*Skirt Steak Teriyaki with Asian Noodle Salad*  
*Lemon Honey Grilled Chicken with Orzo Salad*  
*Portobello Mushroom Caps and Grilled Vegetables over Mixed Greens*  
*Tossed Salad*  
*Greek Salad*  
*Caesar Salad*  
*Field Greens with Gorgonzola, Cranberries and Pecans*  
*Field Greens with Chickpeas, Cucumbers, Tomatoes and Avocado*  
*Spinach Salad with Sliced Strawberries, Goat Cheese and Almonds*  
*Black Bean, Corn and Jicama Salad in Lime Cumin Vinaigrette*  
*Grilled Vegetable Salad*  
*Tortellini with Sundried Tomatoes and Artichoke Hearts in Creamy Parmesan*

## THURSDAY

### Hot Food

*Quiche Lorraine*  
*Spinach and Cheddar Quiche*  
*Parmesan and Basil Crusted Halibut in Yellow Bell Pepper Sauce*  
*Pan Seared Chicken with Mediterranean Salsa*  
*Chicken Picatta with Artichokes and Mushrooms in Lemon Caper Sauce*  
*Stuffed Bell Peppers with Basmati Rice and Grilled Vegetables*  
*Artichoke and Fontina Ravili in Garlic Cream*

### Cold Salads

*Grilled Salmon Fillet with Asparagus, Yellow Bell Pepper and Cucumber Salad*  
*Italian Grilled Chicken with Green Beans and Roasted Red Peppers in Balsamic Vinaigrette*  
*Tofu Curried Rice Salad*  
*Cobb Salad with Grilled Chicken*  
*Greek Salad*  
*Field Greens with Chickpeas, Cucumbers, Tomatoes and Avocado*  
*Field Greens with Goat Cheese and Cranberries*  
*Field Greens with Gorgonzola, Cranberries and Pecans*  
*Roasted Potato Salad*  
*Penne Pasta with Smoked Gouda, Spinach and Roasted Peppers in Creamy Parmesan*  
*Herbed Quinoa, Kale and Chickpea Salad with Feta, Parsley and Sunflower Seeds*  
*in Lemon Tahini Vinaigrette*



## FRIDAY

### Hot Food

*Braised Beef Short Ribs with Pearl Onions and Glazed Carrots in Port Wine  
Chicken Milanese with Arugula, Diced Tomatoes and Lemon Wedges  
Eggplant Curry with Cauliflower, Sweet Potato and Green Beans*

### Cold Salads

*Skirt Steak with Roasted Potato Salad  
Lemon Honey Grilled Chicken with Orzo Salad  
Tossed Salad  
Field Greens with Apple and Cheddar  
Spinach Salad with Goat Cheese, Strawberries and Almonds*