

# Grand Grab and Go Menu

Monday July 1<sup>st</sup> – Sunday July 7<sup>th</sup>

## Salads & Sandwiches

**Spicy Italian** – Focaccia bread, ham, capocollo, salami, red onion, banana peppers

**Greek Veggie Sandwich** – Lettuce, tomato, cucumber, olives, onion, bell pepper, feta cheese, olive oil, reduced balsamic

**The Big Beef Sandwich** – Italian steak roll, garlic mayo, roast beef, giardiniera (spicy vegetable relish)

**Tuna Salad Sandwich** – Homemade tuna salad on whole wheat bread with lettuce and tomato

**Tuna Nicoise Salad** – Mixed green topped with flaky tuna, olives, potatoes, green beans, capers, tomato, and egg with Italian dressing

## Heat & Serve Entrees

**Fig Glazed Pork Medallions** – Pork medallions basted with fig glaze and served with oven roasted potatoes and seasonal vegetables

**Penne Alla Vodka** – Penne pasta tossed with vodka tomato sauce and shrimp

## Tuesday Special

### BBQ Buffet

BBQ Ribs, BBQ Chicken, Baked Beans, Potato Salad, Apple & Cherry Pie

## **Monday July 8<sup>th</sup> thru July 14<sup>th</sup>**

### **Salads & Sandwiches**

**Chicken Wrap** – Chicken, spinach, tomatoes, mushrooms, roasted red peppers, and cheese

**Turkey Strawberry Wrap** – Tortilla filled with lettuce, tomato, turkey, strawberries and mayonnaise

**Croissant Club** – Flaky croissant topped with lettuce, tomato, ham, turkey, bacon and mayo

**Mediterranean Chicken Sandwich** – A croissant topped with lettuce, tomato, chicken salad, artichokes, and roasted red peppers

**California Caprese Salad** – A bed of greens topped with Buffalo mozzarella, grape tomatoes, avocado, fresh basil, and raspberry vinaigrette

### **Heat & Serve Entrees**

**Chicken Bryan** – A bed of pasta topped with grilled chicken breast, sun-dried tomatoes, goat cheese, and lemon basil butter sauce

**Beef Stroganoff** – Classic beef stroganoff on a bed of egg noodles and served with seasonal vegetables

### **Tuesday Special**

**Spaghetti & Meatballs**

## **Monday July 15<sup>th</sup> thru July 21<sup>st</sup>**

### **Salads & Sandwiches**

**Cashew Chicken Wrap** — Tortilla wrap filled with chicken salad, cashews, lettuce, and tomatoes

**Egg Salad Sandwich** — Whole wheat bread topped with lettuce, tomato, and homemade egg salad

**Italian Sub Sandwich** — Hoagie roll topped with salami, capocola, ham, provolone, lettuce and tomato

**Cowboy Beef Sandwich** — Steak roll topped with lettuce, tomato, roast beef and pepperjack cheese

**Chef Salad** — A bed of lettuce topped with ham, turkey, cheddar, Swiss, hard boiled egg and tomato

### **Heat & Serve Entrees**

**Hawaiian Chicken** — Chicken breast breaded with macadamia nuts and topped with pineapple salsa on a bed of rice pilaf

**Chopped Sirloin Steak** — Topped with mushroom onion gravy with mashed potatoes and seasonal vegetables

### **Tuesday Special**

#### **Build Your Own Salad Bowl**

##### **Salads & Toppings**

Bibb Lettuce · Field Organic Greens · Romaine Hearts

Roasted Beets · Radish · Cucumber · Tomato · Olives · Avocado · Red Onion · Carrots

Bacon · Egg · Pistachios · Pepitas · Cranberries

Blue Cheese · Goat Cheese · Feta

Raspberry Vinaigrette · Buttermilk Dressing · Herb Vinaigrette

##### **Proteins**

Grilled Herb and Garlic Shrimp

Citrus Grilled Chicken Breast

Churrasco Flank Steak

## **Monday July 22<sup>nd</sup> thru July 28<sup>th</sup>**

### **Salads & Sandwiches**

**Tuna Salad Sandwich** – Tuna salad on whole wheat with lettuce and tomato

**Steak Sandwich** – Steak roll, Boursin cheese, flank steak, arugula, tomato

**Corned Beef Sandwich** – Marble rye, Swiss cheese, and corned beef

**Turkey BLT Wrap** – Tortilla wrap, turkey, bacon, lettuce, and tomato

**Cobb Salad** – A bed of lettuce topped with chicken, egg, avocado, bacon, bleu cheese, and tomato

### **Tuesday Special**

#### **Build your own pasta bar**

**Choice of:** chicken, shrimp, peppers, mushrooms, tomatoes, broccoli, pesto

Red or white sauce

## **Monday July 29<sup>th</sup> thru August 4<sup>th</sup>**

### **Salads & Sandwiches**

**The Big Beef Sandwich** - 1000 Island, crispy onions, tomato, provolone, marbled rye

**Southwestern Turkey Wrap** – Avocado, shaved jicama Slaw, Swiss cheese, cilantro aioli  
Tortilla wrap

**Black Forest Ham Sandwich** – Avocado, Monterey Jack, Dill Pickle, lettuce, grilled onion,  
French roll

**Grilled Chicken Sandwich**, roasted red peppers, marinated mushrooms, feta, pesto, Ciabatta

### **Tuesday Special**

#### **Taste of Italy**

**Chicken Picatta** - Caper Lemon Butter

**Shrimp Capellini** - Roasted Garlic, Tomato, Olive Oil

**Vegan Gnocchi** · Tomato, Basil, Mushrooms