

Grand Grab and Go Menu

Monday September 30th – Sunday October 6th

Salads & Sandwiches

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

Croissant Club Sandwich – Lettuce, tomato, ham, turkey, bacon, Swiss and mayo

Spicy Italian Sandwich – Italian steak roll, capicola, pepperoni, sopressata, Provolone, roasted garlic mayo

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

Pork Chop – Topped with honey mustard glaze served with roasted potatoes and vegetables

Chicken & Broccoli Alfredo – Pasta tossed with chicken and broccoli in a parmesan sauce

Tuesday Special

Baked Potato Bar

Your choice of Baked Potato or Baked Yam

Your choice of toppings

Broccoli, Bacon, Italian Sausage, Tomatoes, Green Onions, Salsa, Chili, Bell Peppers,

Sour Cream, Butter, Cheddar Cheese, Mushrooms, Queso Fresco, Avocado

Monday October 7th thru Sunday October 13th

Salads & Sandwiches

Pastrami & Swiss Sandwich – Marble rye topped with lettuce, tomato, Swiss cheese and pastrami beef

Provolone Ham Sandwich – Whole wheat, ham, provolone, peppadew pepper mayo

Cashew Chicken Wrap – Cashews, chicken salad, lettuce, tomato, in a tortilla wrap

Turkey BLT Sandwich – Flaky croissant, bacon, lettuce and tomato

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

Heat & Serve Entrees

Lasagna – Served with vegetables

Chicken Cordon Bleu – Served with rice pilaf and 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 October 14th thru October 20th

Salads & Sandwiches

Mediterranean Chicken Sandwich – Croissant topped with chicken salad, lettuce, and tomatoes

Turkey Bistro Sandwich – French roll topped with turkey, bacon, provolone, and sun-dried tomato mayo

Chicken & Prosciutto Sandwich – Focaccia bread topped with chicken, prosciutto, fontina cheese, and fig spread

Thai Steak Sandwich – Steak roll topped with marinated steak and mango basil salad

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

Heat & Serve Entrees

Chicken Marsala – Sautéed chicken breast topped with marsala sauce and served with rice pilaf and vegetables

Spaghetti & Meatballs – Spaghetti topped with rich marinara sauce and homemade meatballs

Tuesday Special

Farm house Buffet

Mixed greens with tomatoes, cucumbers, shaved carrots and croutons with choice of dressings

Fruit platter

With cantaloupe, honeydew, pineapple and seasonal berries

Homemade Meatloaf with honey -ketchup glaze

Grilled Chicken with mustard cream sauce and chives

Roasted garlic mashed potato

Roasted vegetable medley

Monday October 21st thru October 27th

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

Mandarin Salad – Shrimp, carrots, bell peppers, mandarin oranges, sesame chicken

Heat & Serve Entrees

Chicken Katsu – Served with katsu sauce (Japanese BBQ Sauce) Rice and vegetables

Chipotle Chicken Pasta – Penne, chicken, red & green peppers tossed with chipotle cream
sauce

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 October 28th – Sunday November 3rd

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

Bourbon Apple Pork Medallions – Pork medallions topped with bourbon apple compote and served with oven roasted potatoes and seasonal vegetables

Lemon Garlic Parmesan Shrimp – Penne pasta tossed with spinach, garlic, lemon, white wine, and a light parmesan sauce

Tuesday Special

Taco Tuesday Buffet

Chicken or Steak Tacos

Charro Beans, Spanish Rice

Red Salsa, Green Salsa, Sour Cream, Guacamole, Cheese, Lettuce, Diced Tomatoes

