



THIS WEEK

March 2

What's Happening

Celebrating Woman's History Month -

Celebrating the culinary contributions of women. Join us for a station takeover featuring recipes from iconic female chefs and our own talented team.

St. Patrick's Day – Luck is on the menu this March 17!

National Noodle Month – A different twist every week. From savory ramen to classic pasta, we're celebrating the art of the noodle.

National Meatball Day – March 9 is going to be a ball. Catch our chef's special meatball features at the Pizza Station and beyond.

National Nutrition Month – Fuel your body right. Look for our "Dietitian's Choice" selections throughout the café all month long using **FIT** icon.

Passport to Greece – Our regional theme of the month. Transport your tastebuds to the Mediterranean with authentic gyros, fresh mezze, and the flavors of the islands.

Before placing your order, please inform your server if a person in your party has a food allergy.

Food by **FLIK**

M

Green Goddess Turkey Breast

Sweet And Sour Crispy Tofu

Grill Char Siu Pork Loin

Deli Italian Focaccia Sandwich

Salad Roasted Rhubarb, Beet, Blue Cheese Salad **FIT**

Soup Asparagus, Leek, Potato Soup **FIT**

T

Taco Tuesday

Pollo Asada

Vegan Chorizo

Grill Chipotle Marinated Flank Steak

Deli Cilantro Lime Chicken Avocado Wheat Wrap

Salad Farro, Jicama, Grapefruit, Avocado Salad **FIT**

Soup Portuguese Kale, Chorizo and Clam Soup **FIT**

W

Fajita Bowl

Grilled Flank Steak

Fajita Tofu

Grill Barbacoa Marinated Chicken

Deli Tofu Banh Mi

Salad Asparagus, Pea, Green Bean Salad, Shallot Vinaigrette **FIT**

Soup Carrot Ginger Soup **FIT**

Th

Global Pantry- Greece

Greek Lemon Chicken Thigh

Braised Giant Beans

Grill Roasted Mediterranean Lamb Leg

Deli Grilled Eggplant Chicken Tzatziki Pita

Salad Greek Quinoa Feta Salad **FIT**

Soup Lemon Rice Chicken Soup

F

Lent Observance

New England Baked Haddock

Oyster Mushroom Lentil Sloppy Joe

Grill Italian Crispy Pork Belly

Deli Avocado BLT On Sourdough

Salad Chef's Choice

Soup Chef's Choice



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March 9

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National Meatball Day

Turkey Meatball
Mushroom Lentil Meatball **FIT**

Grill Turkey Mushroom Meatball Hogie

Deli Vegetable Avocado Green Goddess Dressing Wrap

Salad Golden Beet, Watercress Salad, Creamy Mustard Sage Dressing **FIT**

Soup Asparagus, Vegetable, Potato Soup

T

Bibimbap

Bulgogi Beef
Soy Shitake and Tofu

Grill Korean Roasted Pork Loin

Deli Ham Swiss Honey Mustard on Wheat

Salad Hot and Sour Grapefruit Slaw, Fish Sauce **FIT**

Soup Chicken, Wild Rice, Vegetable Soup **FIT**

W

Mac And Cheese Bar

Pulled Pork
BBQ Jack Fruit

Grill Jerk Chicken Thighs

Deli Grilled Portobello, Goat Cheese, Roasted Red Pepper Hummus, Wheat Wrap **FIT**

Salad Chili Lime Jicama, Mango, Pineapple **FIT**

Soup Caldo Verde (Kale, Pork Linguica Soup)

Th

Celebrating Woman's History Month

Mels Menu

Grill Cheese Stuffed Pupusas **FIT - Olga**

Deli Chicken Cubano

Salad Wheatberry, Tomato, Artichoke Salad **FIT**

Soup Colombian Ajiaco Recipe – Natalia

F

Lent Observance

Achiote Shrimp
Cuban Quinoa and Black Beans

Grill Braised Beef Shortribs

Deli Muffaletta

Salad Chef's Choice

Soup Chef's Choice



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March 16

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Global Food Trend – Filipino Inasal

Filipino BBQ Chicken **FIT**

Filipino BBQ Tofu **FIT**

Grill Tandoori Chicken Thighs

Deli Grilled Buffalo Tofu, Avocado Yogurt Dressing
Wheat Wrap **FIT** 69464

Salad Green Papaya and Mango Slaw, Fish Sauce

Soup Cream of Asparagus Soup

T

Celebrating St. Patrick's Day

Comed Beef

Chickpea Pot Pie

Grill Irish Spice Bag

Deli Pesto Chicken, Roasted Tomato, Mozzarella Thin **FIT**

Salad Asparagus, Balsamic Tomatoes, Goat Cheese **FIT**

Soup Hot and Sour Soup with Pork **FIT**

W

Celebrating March Madness; Nacho Bar

BBQ Chicken

Bourbon Oyster Mushrooms

Grill Caramelized Onion Bacon Grilled Cheese Melt

Deli Roast Beef Cheddar Horseradish Mayo On Pretzel Roll

Salad Grapefruit, Mint, Arugula Salad **FIT**

Soup Spinach Egg Drop Soup

Th

Celebrating First Day of Spring

Honey Citrus Glazed Ham

Tofu Ratatouille

Grill Pork Loin Banh Mi

Deli Grilled Asparagus Mushroom Herb Yogurt Wrap

Salad Snow, Sugar Snap Pea, Green Bean, Tarragon Salad,
Worcestershire **FIT**

Soup Creamy Lemon Chicken Noodle Soup **FIT**

F

Celebrating Eid al-Fitr

L'hamm M'hammar'

Chickpea Tagine

Grill Harissa Chicken Thighs

Deli Falafel Shawarma White Wrap

Salad Chef's Choice

Soup Chef's Choice



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Korean Braised Beef Korean Braised Shitakes

Grill Shrimp Fried Rice

Deli Kimchi Chicken Avocado Wheat Wrap

Salad Herb, Watercress Salad with Vinaigrette **FIT**

Soup Pea and Asparagus Soup

T

Global Pantry Greece- Gyro Bowl Pork Souvlaki Greek Grilled Tofu

Grill Greek Pork Chops

Deli Haloumi Tzatziki Mixed Greens on Wheat Wrap

Salad Sweet Pea and Mint Pasta Salad **FIT**

Soup Pork Pozole Soup **FIT**

W

National Noodle Month Noodle Bowl Shoyu Tare Chicken Shoyu Tare Tofu

Grill Cha Shu Pork Belly

Deli Chicken Pesto Tomato Basil Balsamic on Sourdough

Salad Chili, Lime, Cilantro Marinated Mango **FIT**

Soup Beef, Cabbage, Carrots and Rice Soup

Th

Celebrating Opening Day Fenway Franks, Sausage Peppers Onions Vegan Sausage

Grill Buffalo Wings

Deli Roast Beef Provolone Banana Peppers Chipotle Mayo on Pretzel Roll

Salad Cuban Avocado, Watercress and Pineapple Salad (Ensalada de Aguacate, Berro y Pina) **FIT**

Soup Spring Vegetable Soup, New Potatoes **FIT**

F

Lent Observance Blackened Miso Cod Blackened Tofu

Grill Chimichurri Flank Steak

Deli Turkey BLT on Marble Rye

Salad Chef's Choice

Soup Chef's Choice



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March 30

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Noodle Bowl

Char Sui Pulled Pork
Ponzu Shitake Mushrooms

Grill Honey Sriracha Chicken

Deli Turkey Ruben

Salad Quinoa, Mango, Avocado Salad **FIT**

Soup Spicy Tomato Pumpkin Seed Soup

T

National Noodle Month Pasta Bar

Chicken Piccata
Tofu Milanese

Grill Turkey Provencal

Deli Chicken Salad Banana Pepper Tomato Wrap

Salad Avocado, Orange, Daikon, Watercress Salad,
Cumin Lime Vinaigrette, Pumpkin Seeds **FIT**

Soup Split Pea and Ham Soup **FIT**

W

Shawarma Bar

Chicken Shawarma
Falafel

Grill Buffalo Wings w/Blue Cheese

Deli Ham Turkey Roast Beef Combo on Bulky Roll

Salad Roasted Rhubarb, Orange, Goat Cheese, Spinach Salad **FIT**

Soup Carrot Cumin Soup **FIT**

Th

Carolina Pulled Pork

BBQ Grilled Tofu

Grill Soy Garlic glazed Flank Steak

Deli Tuna Melt On Wheat

Salad Snow Pea, Edamame Tossed Salad, Pumpkin
Seeds, Lower Sodium Sesame Yogurt Dressing **FIT**

Soup Spicy Sausage Minestrone **FIT**

F

Bang Bang Shrimp

Stuffed Portobello Mushrooms

Grill Teriyaki Glazed Pork Loin

Deli Capicola Mortadella Provolone on Bulky Roll

Salad Chef's Choice

Soup Chef's Choice