

2020 Hot Lunch Buffet Menu

March 2nd – March 27th



Food by FLIK

hot lunch buffet

Week of March 2nd – March 6th

Monday

Entrée: Carne Asada

Entrée: Chicken Tinga

Side: Adobo Roasted Cauliflower **FIT**

Side: Arroz Verde | Soft Tortillas

Deconstructed Salad | Romaine | Watercress | Black Beans | Queso Fresco | Pickled Onions
Carrots | Avocado | Tortilla Strips | Cornbread Croutons | Chipotle Ranch
Composed Salad: Hominy | Pinto Bean Salad

Tuesday

Entrée: Mozzarella Stuffed Meatballs | Roasted Tomato Sauce

Entrée: Eggplant Parmesan | Smoked Mozzarella

Side: Spaghetti | Parsley | Brown Butter

Side: Wilted Broccoli Rabe | Raisins | Garlic **FIT**

Deconstructed Salad | Tuscan Kale | Anchovies | Onion | Croutons | Carrots | Pecorino
Romano | Quinoa | HRC Egg | Roasted Tomatoes | Caesar Dressing
Composed Salad: Tabbouleh Salad

Wednesday

Entrée: Seared Striped Bass | Lemon Dill Sauce

Entrée: Grilled Filet Mignon | Mushroom Ragout

Side: Grilled Asparagus **FIT**

Side: Potato Au Gratin

Deconstructed Salad | Mesclun | Celery | Baby Fennel | Cherry Tomatoes | Red Onion
Cucumbers | Toasted Pepitas | Grilled Apple | Brown Rice | Pomegranate Vinaigrette
Composed Salad: Roasted Vegetable Pasta Salad

Thursday

Entrée: Osso Bucca | Gremolata

Entrée: Grilled Salmon | Mustard Sauce

Side: Chive Whipped Potatoes

Side: Seasoned Shaved Brussels Sprouts **FIT**

Deconstructed Salad | Bibb Lettuce | Gorgonzola | Lardon Bacon | Cucumbers | Onion
Tomato | Barley | Pumpernickel Croutons | Avocado | Balsamic Rosemary Vinaigrette
Composed Salad: Southwest Quinoa Salad | Chili Lime Dressing

Friday

Entrée: Yellow Curry Chicken

Entrée: Cumin Cilantro Grilled Swordfish

Side: Braised Baby Bok Choy | Sesame Seeds **FIT**

Side: Kimchi Fried Rice

Deconstructed Salad | Iceberg Lettuce | Mango | Marinated Cucumber | Grilled Onions
Scallion | Roasted Red Pepper | Shiitake Mushroom | Orange Segment | Brown Rice |
Sesame Ginger Dressing
Composed Salad: Mediterranean Couscous Salad

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Week of March 9th – March 13th

Monday

Entrée: Ancho Glazed Honey Gingered Chicken

Entrée: Achiote Grilled Shrimp

Side: Chili Roasted Zucchini

Side: Cilantro Lime Brown Rice **FIT**

Deconstructed Salad | Belgian Endive | Grilled Pears | Grilled Pear | Red Onions | Goat Cheese | Roasted Tomato | Farro | Golden Beets | Citrus Honey Vinaigrette

Composed Salad: Black Bean Corn Salad

Tuesday

Entrée: Adobo Spiced Pulled Pork

Entrée: Cajun Blackened Catfish | Pineapple Salsa

Side: Braised Okra | Tomato **FIT**

Side: Vegetarian Dirty Rice **FIT**

Deconstructed Salad | Arugula | Quinoa | Strawberries | Radish | Jalapeno | Pinto Beans

Onion Sunflower Seeds | Beets | Balsamic Basil Vinaigrette

Composed Salad: Grilled Fingerling Potato | Pesto

Wednesday

Entrée: Cola Braised Pot Roast

Entrée: Pan Seared Chicken Marsala

Side: Buttermilk Smashed Potatoes

Side: Braised Collard Greens **FIT**

Deconstructed Salad | Boston Bibb | Apples | Blue Cheese | Golden Raisin | Tomato

Toasted Pumpkin Seeds | Rye Bread Croutons | Honey Poppy Seed Dressing

Composed Salad | Cranberry Freekeh Salad

Thursday

Entrée: Veal Scaloppini | Lemon Caper Sauce

Entrée: Cajun Grilled Mahi Mahi | Remoulade

Side: Barley Risotto

Side: Cauliflower | Pesto Honey Vinaigrette

Deconstructed Salad | Romaine Hearts | Couscous | Hard Boiled Eggs | Gorgonzola

Pomegranate Seeds | Radish | Cucumber | Pickled Onion | Tomato

Buttermilk Chive Dressing

Composed Salad: Nicoise | Lemon Thyme Vinaigrette **FIT**

Friday

Entrée: Steak Roulade (Roasted Peppers, Spinach, Mozzarella)

Entrée: Garlic Herb Marinated Turkey Breast **FIT**

Side: Boursin Whipped Potatoes

Side: Sautéed Haricot Verts | Caramelized Shallots

Deconstructed Salad | Radicchio | Spinach | Kalamata Olives | Quinoa | Chickpeas

Parmesan | Grilled Asparagus | Roasted Squash | Brioche Croutons | Maple Sage Vinaigrette

Composed Salad: FLIK Mediterranean Grain Salad | Red Wine Vinaigrette **FIT**

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Week of March 16th – March 20th

Monday

Entrée: Italian Herb Crusted Pork Loin | Salsa Verde

Entrée: Grilled Airline Chicken | Bagna Cauda Pan (Butter, Anchovies, Garlic)

Side: Spaghetti | Garlic Parmesan Sauce

Side: Roasted Baby Carrots | Lemon Balsamic Glaze

Deconstructed Salad | Baby Kale | Quinoa | Peppers | Scallions | Cucumber | Chickpea

Pecorino Romano Cheese | Lemon Roasted Garlic Vinaigrette

Composed Salad: Spinach Tomato Pasta Salad

Tuesday

Entrée: Thai Coconut Salmon

Entrée: Beef Panang Curry

Side: Lime Cilantro Brown Rice **FIT**

Side: Sweet Thai Cabbage **FIT**

Deconstructed Salad | Iceberg Lettuce | Wheat Berries | Radish | Mushrooms | Red Peppers

Carrots | Grilled Green Onions | Edamame | Crispy Wontons | Sesame Dressing

Composed Salad: Spicy Mango Salad

Wednesday

Entrée: Nashville Style Hot Fried Chicken, Porter Honey Mustard Sauce

Entrée: Honey Rosemary Flank Steak **FIT**

Side: Chive Polenta **FIT**

Side: Yellow Squash Casserole

Deconstructed Salad | Mesclun | Sorghum | Roasted Baby Carrots | Manchego | Bacon

Cherry Tomato | Pickled Onion | Roasted Pecans | Raspberry Balsamic Vinaigrette

Composed Salad: Coleslaw | Mustard Vinaigrette

Thursday

Entrée: Beef Stroganoff

Entrée: Seared Haddock, Fennel Citrus Salsa

Side: Egg Noodles, Parsley

Side: Cumin Grilled Squash **FIT**

Deconstructed Salad | Romaine | Frisee | Brown Rice | Grilled Apple | Bacon | Onions | Feta

Rosemary Sundried Tomato Croutons | Hard Cooked Egg | Avocado Ranch

Composed Salad: Tabbouleh

Friday

Entrée: Peruvian Grilled Chicken | Aji Verde (Spicy Peruvian Green Sauce)

Entrée: Pork Lomo Saltado (Peruvian Pork Stir Fry)

Side: Spanish Rice **FIT**

Side: Chili Spiced Corn, Cilantro **FIT**

Deconstructed Salad | Baby Spinach | Roasted Butternut Squash | Pumpkin Seeds | Dried

Cherries | Farro | Onion | Artichoke | Grilled Tofu | Honey Dijon Vinaigrette

Composed Salad : Carrot Raisin Salad **FIT**

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Week of March 23rd – March 27th

Monday

Entrée: Traditional Meatloaf, Mushroom Gravy

Entrée: Grilled Barbeque Chicken

Side: Braised Swiss Chard **FIT**

Side: Smoked Gouda Mashed Potatoes

Deconstructed Salad | Iceberg Wedges | Quinoa | Tofu | Bacon Bits | Tomato | Scallions
Blue Cheese | Hard Boiled Eggs | Cucumbers | Buttermilk Ranch

Composed Salad: Chili Citrus Jicama Slaw **FIT**

Tuesday

Entrée: Pan Seared Chicken | Vine Tomato Broth **FIT**

Entrée: Seared Scallops, Pesto Cream

Side: Whole Wheat Penne **FIT**

Side: Roasted Brussels Sprouts

Deconstructed Salad | Mache | Endive | Walnuts Mandarin Orange | Roasted Beets
Green Beans | Avocado | Cucumber | Wild Rice | Feta | Sherry Mustard Vinaigrette

Composed Salad: Farro Arugula Salad **FIT**

Wednesday

Entrée: Matambre (Argentinian Stuffed Flank Steak, Egg, Peppers, Garlic)

Entrée: Chimichurri Grilled Shrimp

Side: Grilled Mixed Vegetables

Side: Arroz Verde **FIT**

Deconstructed Salad | Lollo Rossa | Baby Fennel | Shaved Parmesan | Cherry Tomato | Figs
Sunflower Seeds | Farro | Pickled Onion | Lemon Thyme Vinaigrette

Composed Salad: Black Bean, Roasted Corn Salad **FIT**

Thursday

Entrée: Turkey Pot Pie | Drop Biscuits

Entrée: Buffalo Salmon **FIT**

Side: Zucchini Cakes **FIT**

Side: Baked Potato | Toppings

Deconstructed Salad | Romaine | Endive | Bacon | Smokey Bleu | Pine Nuts | Cucumber
Crispy Onions | Croutons | Roasted Tomato | Wheatberries | Potatoes

Avocado Caesar Dressing

Composed Salad: Lentil, Beet, Goat Cheese Salad

Friday

Entrée: Sesame Chicken Teriyaki

Entrée: FLIK Spicy Thai Basil Beef

Side: Vegetable Fried Rice **FIT**

Side: Chinese Broccoli | Sesame | Garlic **FIT**

Deconstructed Salad | Shaved Cabbage | Radicchio | Bulgar | Carrots | Red Pepper
Edamame | Scallions | Sunflowers | Cilantro | Crispy Tofu | Sesame Ginger Dressing

Composed Salad: Asian Noodle Salad