

2020 Hot Lunch Buffet Menu

February 17th – February 28th



Food by FLIK

hot lunch buffet

Week of February 17th – February 21st

Monday

Firm Closed

Tuesday

Entrée: Cajun Blackened Shrimp, Pepper Relish **FIT**

Entrée: Apricot Glazed Pork Loin, Grilled Apple Salsa

Side: Quinoa Pilaf, Fresh Herbs

Side: Sautéed Spinach, Roasted Tomato

Deconstructed Salad: Watercress, Black Eyed Peas, Celery, Green Peppers, Red Onion, Crispy Shallots, Cheddar, Cornbread Crouton, Strawberry Black Pepper Dressing

Composed Salad: Garden Vegetable Pasta Salad

Wednesday

Entrée: Piri Piri Rotisserie Chicken **FIT**

Entrée: Roasted Prime Rib, Garlic, Herb Butter, Rosemary Au Jus

Side: Smoked Gouda Mashed Potatoes

Side: Steamed Haricot Verts **FIT**

Deconstructed Salad: Baby Spinach, Manchego, Banana Peppers, Roasted Eggplant, Orzo, Garbanzo Beans, Radish, Quinoa, Lemon Thyme Vinaigrette

Composed Salad: Couscous Tabbouleh

Thursday

Entrée: Tarragon Marinated Salmon **FIT**

Entrée: Grilled Skirt Steak, Vidalia Onion BBQ

Side: Roasted Potatoes

Side: Sautéed Kale, Garlic **FIT**

Deconstructed Salad: Mixed Greens, Tofu, Couscous, Roasted Beets, Asparagus Tips, Pepperoncini, Sugar Snap Peas, Goat Cheese, Raspberry Herb Vinaigrette

Composed Salad: Roasted Fingerling Potatoes, Grilled Onion Salad

Friday

Entrée: Madeira, Mushroom, Lentil Meatloaf

Entrée: Crispy Chicken Breast, Remoulade

Side: Herb Mashed Potatoes

Side: Sautéed Broccoli Rabe, Aged Parmesan, Olive Oil

Deconstructed Salad: Romaine, Tempeh, Sesame Seeds, Peppadew Peppers, Feta, Kalamata Olives, Roasted Fennel, Pickled Red Onion, Blackberry Lemon Vinaigrette

Composed Salad: Farro Salad, Roasted Eggplant, Caramelized Onions, Parsley

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Week of February 24th – February 28th

Monday

Entrée: Cilantro Lime Flank Steak **FIT**

Entrée: Grilled Shrimp, Salsa Verde

Side: Steamed Snap Peas

Side: Barley Risotto, Watercress

Deconstructed Salad: Spinach, Sunflower Seeds, Dried Cranberry, Sweet Potatoes, Tofu, Roasted Tomato, Feta, Blackberry Shallot Vinaigrette

Composed Salad: Wild Rice Salad, Roasted Vegetables, Dried Cranberries

Tuesday

Entrée: Grilled Salmon, Vera Cruz

Entrée: Peppercorn Crusted Hanger Steak, Madeira

Side: Steamed Brussels Sprouts **FIT**

Side: Roasted Red Potatoes

Deconstructed Salad: Romaine Hearts, Bleu Cheese, Pine Nuts, Tomatoes, Crispy Onions, Buttered Croutons, Roasted Carrot, Farro, Cucumber, Red Wine Buttermilk Dressing

Composed Salad: Quinoa Pilaf Salad

Wednesday

Entrée: Ropa Vieja (Braised Cuban Beef)

Entrée: Cheese Tortellini, Cremini Mushrooms, Heirloom Tomato, Tarragon Cream Sauce

Side: Rice Pilaf **FIT**

Side: Roasted Chayote Squash

Deconstructed Salad: Lola Rosa, Pinto Beans, Avocado, Queso Fresco, Tortilla Strips, Sesame Seeds, Marinated Cherry Tomatoes, Green Beans, Orange Honey Dressing

Composed Salad: Quinoa, Spiced Pepitas, Raisins, Cilantro

Thursday

Entrée: Spinach Ravioli, Roasted Garlic Cream Sauce

Entrée: Beef Tenderloin, Three Onion Demi

Side: Sautéed Green Beans **FIT**

Side: Mashed Potatoes, Basil

Deconstructed Salad: Watercress, Frisee, Grilled Onion, Black Beans, Parmesan, Grilled Peppers, Tomatoes, Cilantro Quinoa, Smoked Bacon, Avocado,

Tomatillo Corn Vinaigrette

Composed Salad: Southwestern Pasta Salad

Friday

Entrée: Halibut, Cherry Tomato Vinaigrette **FIT**

Entrée: Brazilian Skirt Steak, Chimichurri

Side: Roasted Zucchini, Red Pepper

Side: Jasmine Rice, Lemon Grass

Deconstructed Salad: Iceberg, Watercress, Ricotta Salata, Grilled Tomato, Radish, Marinated Cucumber, Freekeh, Plantain Chips, Grilled Peppers,

Pineapple Vinaigrette

Composed Salad: Watercress, Pasta, Roasted Vegetables