

hot lunch buffet

Week of April 23rd – April 25th

Tuesday

Entrée: Algerian Braised Beef | Cardamon | Orange

Entrée: Coriander Chicken Stew

Side: Spiced Couscous

Side: Steamed Green Beans

Deconstructed Salad | Romaine | Tomatoes | Onions | Apricots

Toasted Pumpkin Seeds | Cucumbers | Hearts of Palm

Composed Salad | Cucumbers | Blueberries | Feta Cheese

Wednesday

Entrée: Baked Halibut | Tomato | Feta Cheese

Entrée: Grilled Lemon Oregano Chicken Thighs

Side: Roasted Garlic Lemon Scented Rice

Side: Mediterranean Roasted Mixed Vegetables

Deconstructed Salad | Mixed Greens | Dill Cucumbers | Roasted Tomatoes | Shaved Fennel

Dried Cranberries | Toasted Sunflower Kernels

Composed Salad | Middle Eastern Chopped Salad | Toasted Pita

Thursday

Entrée: Thai Basil Beef

Entrée: Asian Spiced Chicken Stir-fry

Side: Jasmine Rice

Side: Wilted Spinach

Deconstructed Salad | Baby Kale | Carrots | Peppers | Crispy Wonton

Onions | Orange Segments

Composed Salad: Green Papaya | Jicama Salad

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Week of April 30th – May 2nd

Tuesday

Entrée: Mirin Glazed Salmon

Entrée: Chicken Yakitori

Side: Steamed Calrose Rice

Side: Mixed Veggie Tempura

Deconstructed Salad | Romaine | Hearts of Palm | Water Chestnuts | Roasted Chickpeas

Tomatoes | Cucumbers | Marinated Onions

Composed Salad: Jicama | Cabbage | Mango Salad

Wednesday

Entrée: Beef Goulash

Entrée: Chicken Schinitzel

Side: Spaetzle

Side: Buttered Broccoli

Deconstructed Salad | Spinach | Steamed Potatoes | Green Beans | Bacon

Onions | Tomatoes

Composed Salad | Greek Salad

Thursday

Entrée: Pork Belly Adobo

Entrée: Pineapple Braised Chicken

Side: Kuning (Filipino Yellow Rice)

Side: Coconut Stewed String Beans and Squash

Deconstructed Salad | Spinach and Baby Kale | Tomatoes | Cucumbers | Carrots

Raisins | Toasted Pecans

Composed Salad: Island Style Macaroni Salad

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Week of May 7th – May 9th

Tuesday

Entrée: Caribbean Beef Skewer

Entrée: Soy and Scallion Braised Chicken

Side: Chimichurri Rice

Side: Coconut Stewed Green Beans and Squash

Deconstructed Salad | Romaine and Mesclun | Cucumbers | Tomatoes | Avocado
Onions | Bacon

Composed Salad | Bamboo Shoots and Hearts of Palm

Wednesday

Entrée: Bajan Fish Cake

Entrée: Jugjug (Pork, Beef Stew, with Green Peas)

Side: Macaroni Pie

Side: Curry Spiced Cauliflower

Deconstructed Salad | Iceberg | Tomatoes | Cucumbers | Onions
Blue Cheese | Crispy Onions

Composed Salad | Cabbage Curry Slaw

Thursday

Entrée: Tomato Artichoke Chicken

Entrée: Porchetta

Side: Linguini | Creamy Pesto

Side: Lemon Oregano Roasted Asparagus

Deconstructed Salad | Romaine | Croutons | Parmesan | Olive
Tomatoes | Cucumbers

Composed Salad | Chopped Italian Salad

hot lunch buffet

Week of May 14th – May 17th

Tuesday

Entrée: Traditional Meatloaf, Mushroom Gravy
Entrée: Grilled Barbeque Chicken
Side: Braised Swiss Chard
Side: Smoked Gouda Mashed Potatoes
Deconstructed Salad | Iceberg Wedges | Quinoa | Bacon Bits | Tomato
Blue Cheese | Hard Boiled Eggs | Cucumbers
Composed Salad | Chili Citrus Jicama Slaw

Wednesday

Entrée: Grilled Flank Steak | Spinach | Peppers
Entrée: Chimichurri Grilled Shrimp
Side: Grilled Mixed Vegetables
Side: Arroz Verde
Deconstructed Salad | Romaine | Baby Fennel | Shaved Parmesan | Cherry Tomato
Sunflower Seeds | Pickled Onion
Composed Salad | Black Bean, Roasted Corn Salad

Thursday

Entrée: Crispy Teriyaki Sesame Chicken
Entrée: Scallion Beef Stir-Fry Marinated Steak
Side: Vegetable Fried Rice
Side: Chinese Broccoli | Sesame | Garlic
Deconstructed Salad | Shaved Cabbage | Radicchio | Carrots | Red Pepper
Edamame | Sunflowers Seeds | Sesame Ginger Dressing
Composed Salad | Asian Noodle Salad