

# hot lunch buffet

**Week of March 25<sup>th</sup> – March 29<sup>th</sup>**

**Tuesday**

Entrée: Carne Asada

Entrée: Chicken Tinga

Side: Peppers and Onions

Side: Arroz Verde | Soft Tortillas

Deconstructed Salad | Romaine | Baby Kale | Black Beans | Queso Fresco | Pickled Onions

Avocado | Tortilla Strips | Chipotle Ranch

Composed Salad | Spicy Pinto Bean Salad

**Wednesday**

Entrée: Mozzarella Stuffed Meatballs | Roasted Tomato Sauce

Entrée: Eggplant Parmesan

Side: Spaghetti | Parsley | Brown Butter

Side: Wilted Broccoli Rabe | Raisins | Garlic

Deconstructed Salad | Tuscan Kale | Onion | Croutons | Carrots | Pecorino Romano

HRC Egg | Roasted Tomatoes

Composed Salad | Pasta Caprese Salad

**Thursday**

Entrée: Seared Striped Bass | Lemon Dill Sauce

Entrée: Grilled Filet Mignon | Mushroom Ragout

Side: Grilled Asparagus

Side: Mashed Potatoes | Caramelized Shallots

Deconstructed Salad | Mesclun | Celery | Cherry Tomatoes | Red Onion

Cucumbers | Toasted Pepitas

Composed Salad | Roasted Fingerling Potato Salad

# hot lunch buffet

**Week of April 2<sup>nd</sup> – April 4<sup>th</sup>**

## **Tuesday**

Entrée: Ancho Glazed Honey Gingered Chicken

Entrée: Achiote Grilled Shrimp

Side: Chili Roasted Zucchini

Side: Cilantro Lime Brown Rice

Deconstructed Salad | Belgian Endive | Grilled Pear | Red Onions | Goat Cheese

Roasted Tomato | Farro | Beets

Composed Salad | Black Bean Corn Salad

## **Wednesday**

Entrée: Peppercorn Crusted Strip Loin, Glazed Shallots

Entrée: Pan Seared Chicken Marsala

Side: Buttermilk Smashed Potatoes

Side: Braised Collard Greens

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

Tomatoes | Toasted Pumpkin Seeds

Composed Salad | Cranberry Freekeh Salad

## **Thursday**

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

Entrée: Cajun Grilled Mahi Mahi | Remoulade

Side: Mushroom Risotto

Side: Cauliflower | Pesto Honey Vinaigrette

Deconstructed Salad | Romaine Hearts | Couscous | Hard Boiled Eggs

Pomegranate Seeds | Radish | Cucumber | Pickled Onion

Composed Salad: Nicoise | Lemon Thyme Vinaigrette

# hot lunch buffet

Week of April 16<sup>th</sup> – April 18<sup>th</sup>

## Tuesday

Entrée: Thai Coconut Salmon  
Entrée: Beef Panang Curry  
Side: Lime Cilantro Brown Rice  
Side: Sweet Thai Cabbage  
Deconstructed Salad | Iceberg Lettuce | Radish | Mushrooms | Red Peppers  
Carrots | Edamame | Crispy Wontons  
Composed Salad | Chopped Cabbage Salad

## Wednesday

Entrée: Nashville Style Hot Fried Chicken, Porter Honey Mustard Sauce  
Entrée: Honey Rosemary Flank Steak  
Side: Chive Polenta  
Side: Herb Roasted Zucchini and Squash  
Deconstructed Salad | Mesclun | Manchego | Bacon |  
Cherry Tomatoes | Roasted Pecans  
Composed Salad | Coleslaw | Mustard Vinaigrette

## Thursday

Entrée: Peruvian Grilled Chicken | Aji Verde (Spicy Peruvian Green Sauce)  
Entrée: Saltado de Camarones (Peruvian Shrimp Stir Fry)  
Side: Spanish Rice  
Side: Chili Spiced Chayote Squash  
Deconstructed Salad | Baby Spinach | Pumpkin Seeds | Dried Cranberries  
Onion | Artichoke | Grilled Tofu |  
Composed Salad | Quinoa and Avocado Salad

# hot lunch buffet

**Week of April 23<sup>rd</sup> – April 25<sup>th</sup>**

## **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 | Scallions

Blue Cheese | Hard Boiled Eggs | Cucumbers

Composed Salad | Chili Citrus Jicama Slaw

## **Wednesday**

Entrée: Grilled Teriyaki Salmon

Entrée: FLIK Spicy Thai Basil Beef

Side: Vegetable Fried Rice

Side: Chinese Broccoli | Sesame | Garlic

Deconstructed Salad | Shaved Cabbage | Radicchio | Carrots | Edamame | Scallions

Cilantro | Cucumber

Composed Salad | Asian Noodle Salad

## **Tuesday**

Entrée: Pan Seared Chicken | Tomato Bruschetta

Entrée: Seared Scallops, Pesto Cream

Side: Penne Pasta, Garlic, Olive Oil, Basil

Side: Sauteed Broccolini, Shallots, Red Peppers

Deconstructed Salad | Romaine | Endive | Roasted Beets

Hearts of Palm | Cucumber | Tomatoes

Composed Salad | Farro Arugula | Strawberry Salad