



M Potato Leek Soup **FIT**
SEARED PORK CHOPS
 Yellow Rice
 Roasted Buffalo Cauliflower **FIT**

Deli Ham Brie, Apple on Flatbread Pita
Grill Black and Blue Burger
Salad Mexican Quinoa salad with Pepita **FIT**

T Turkey and Black Bean Chili **FIT**
TACO BAR
ANCHO BEEF AND CHICKEN TINGA FIT
 Chili Lime Roasted Corn **FIT**

Deli Cranberry Chicken Salad Croissant Sandwich
Grill Smoked Turkey, Swiss Grilled Cheese
Salad Kale, Orange, Pepitas Salad **FIT**

W Lentil Brown Rice Soup **FIT**
BEEF BULGOGI
 Steamed White Rice
 Korean Chili Green Beans **FIT**

Deli Turkey, Pepper jack and Spinach Panini Roll
Grill BBQ Honey Chipotle Salmon
Salad Arugula and Strawberry Salad **FIT**

Th Pasta E Fagioli with Sausage Soup **FIT**
STEAKHOUSE MARINATED CHICKEN THIGH FIT
 Peppered Potato Wedges
 Roasted Asparagus **FIT**

Deli Italian Combo
Grill Turkey Burger Sautéed Mushroom and Swiss
Salad Jicama Citrus Slaw **FIT**

F Chicken Noodle **FIT**
FLAT BREAD FRIDAY

Sautéed Broccoli **FIT**

Deli Chicken and Sweet Thai Chili on Wheat Thin
Grill **FISH FRY:** Fish and Chips Basket
Salad Farro and Arugula Salad **FIT**

WOMEN'S HISTORY MONTH



CELEBRATING THE INCREDIBLE WOMEN BEHIND THE FOOD

Food by FLIK

LET'S TALK WELLNESS
 NATIONAL NUTRITION MONTH:
 MAKE EVERY DAY
 MEDITERRANEAN

Use olive oil for cooking and extra virgin olive oil for uncooked recipes like salad dressings.

Functional FOODS: SEEDS

Mexican Quinoa Salad with Pumpkin Seeds and Cilantro **FIT** At the Salad Bar