



Monday
May 20, 2019

Soups Chicken & Vegetables with 5 Grain Blend

Entrées Tomato Basil Bisque **VEGETARIAN**

Entrées

Stuffed Mushroom Florentine
with Fresh Seasonal Vegetables **VEGETARIAN**

142 cals, 9g protein, 16g cho, 4 fat, , 451.6 mg sodium, 7g fiber



Snapper with Roasted Garlic, Lemon and Cilantro (Sustainable, Atlantic)

Kung Pao Chicken with Mixed Vegetables & Chilies
served with Jasmine Rice

Sides

Jasmine Rice, Red Beans & Rice **V**, Fried Cauliflower
Chef's Blend, Broccoli Rabe, Squash

Soups

Beefless Minestrone **VEGETARIAN** *El Camino Café Culinary Creation*

Chicken Tortilla

Entrées

Beef Eye of Round with Peppercorn Sauce
Roasted Yukon Potatoes with Fresh Seasonal Vegetable

464g, cals 45g protein, 30mg cho, 18g fat, 757mg sodium, 7g fiber



Oven Roasted Salmon with Tarragon-Hollandaise

Roasted Vegetable Cavatappi Pasta & Cheese **VEGETARIAN**

Sides

Jasmine Rice, Roasted Yukon Gold Potatoes, Aztec Pilaf
Chef's Blend, Broccoli, Spinach & Mushroom

Soups

Chick "N" Noodle *El Camino Café Culinary Creation* **VEGETARIAN**

Beef Chili

Entrées

Kona Chicken, Pineapple Rice Pilaf & Seasonal Vegetables

405 cals, 28g protein, 46g cho, 11g fat, 587mg sodium, 4g fiber



Home- Style Beef Meatloaf

**Tofu Parmesan-
Bread Crumbs, Mozzarella & Parmesan Cheese, Tomato Sauce** **VEGETARIAN**

Sides

Jasmine Rice, Brown Pineapple Rice **V**, Mashed Potatoes & Gravy
Chef's Blend, Broccoli, Glazed Carrots

Soups

Linguica Sausage, White Beans & Spinach *El Camino Café Culinary Creation*

Cream of Asparagus **VEGETARIAN**

Entrées

Beef Stroganoff, Whole Wheat Pasta with Fresh Vegetable

310g cals, 29g protein, 25g cho, 11g fat, 519mg sodium, 1.7g fiber



**Mediterranean Whole Grain Bowl- Squash, Chickpeas, Farro Pilaf,
Cherry Tomatoes, Feta Cheese, Greek Dressing, Cilantro** **VEGETARIAN**

Pecan Crusted Trout (Sustainable, Atlantic)

Sides

Jasmine Rice, Farro Pilaf, Fried Mac & Cheese Bites **V**
Green Beans & Squash, Colorful Cauliflower, Chef's Blend

Soups

Clam Chowder *El Camino Café Culinary Creation*

Garden Vegetable **VEGETARIAN**

Entrées

Alaskan Pollock with Green Onions & Ginger
Tri-colored Orzo with Fresh Seasonal Vegetable(Sustainable, USA)

279 cals, 27g protein, 32g cho, 3.9g fat, 252mg sodium, 4g fiber



Roasted Pork with Caramelized Apples & Onions

Jamaican Jerk Chicken with Plantains

Sides

Jasmine Rice, Tri-Orzo Pilaf **V**, Red Beans & Rice **V**
Chef's Blend, Broccoli Florets, Asparagus

Wednesday
May 22, 2019

Thursday
May 23, 2019

Friday
May 24, 2019



Week of May 20 – May 24, 2019

Global Cuisine

Monday

Southwestern Chicken Wrap

Shredded Lettuce, Tomatoes, Cheese, Onions, Black Beans, Corn, Chipotle-Ranch Dressing in a Spinach Wrap

Tuesday

French Dip

Roast Beef dipped in au jus, side of creamed horseradish on French Bread served with French Fries

Wednesday

Sopes

Chicken Carnitas, Refried Beans, Queso, Lettuce, Onions, Cilantro, Salsa and Sour Cream

Thursday

Pad Thai

Ground Pork, Pad Thai Rice Noodle, Red Peppers, Shredded Carrots, Bean Sprouts, Green Onions, Cilantro, Spicy Peanut Sauce and Peanuts

Friday

Blackened Salmon Tacos

Roasted Salmon, Tomatoes, Red Onions, Shredded Cabbage, Guac-Sour Cream, Salsa, Cilantro with Lime Wedges in Flour Tortilla

Café Hours

Monday – Friday

Breakfast

6:30 a.m. – 10:00 a.m.

(Global & Hot Service Ends 9:45)

Closed: 10:00 a.m. – 11:00 a.m.

Lunch

11:00 a.m. – 3:30 p.m.

Hot service ends 2:00 p.m.

Grill closes 3:00 p.m.

Closed: 3:30 p.m. – 4:30 p.m.

Dinner

4:30 p.m. – 7:30 p.m.

(NO Global Cuisine)

Grill closes 7:00 p.m.

Closed: 7:30 p.m.

Weekend/Holidays

Breakfast

7:00 a.m. – 10:00 a.m.

Continental Service Only

Closed: 10:00 a.m. – 11:00 a.m.

Lunch

11:30 a.m. – 2:30 p.m.

Hot service ends 2:00 p.m.

(NO Grillworks)

Closed: 2:30 p.m. – 4:30 p.m.

Dinner

4:30 p.m. – 7:00 p.m.

(NO Grillworks or Global)

Closed: 7:00 p.m.

CANCER HEALTHY plate has low fat dairy, fish or lean meat makes up to one-fourth of your plate, the remaining is filled with a variety of vegetables, fruits, soy, nuts, whole grains and beans can help lower your risk of cancer.

VEGETARIAN Does not contain meat, fish or fowl; may contain dairy & eggs.

SPICY Seasoned with or containing spice.

MENU SUBJECT TO CHANGE.