



Chicken, Basil with Chili Beans

Gnocchi & Vegetables **Vegetarian** *El Camino Café Culinary Creation*

Monday
August 19, 2019

Entrées

Cheese Ravioli Primavera **Vegetarian**
375 cal, 14g protein, 50g cho, 14g fat, 261mg sodium, 3g fiber



Tonkatsu- Pork Cutlet with Cabbage Slaw

Pan Seared Cod with Cucumbers, Dill, Capers and Lemon

Sides

**Jasmine Rice, Baked Baby Potatoes, 5-Grain Pilaf
Broccoli, Chef's Blend, Caulini**

Soups

Ratatouille **Vegetarian** *El Camino Café Culinary Creation*

Jambalaya

Tuesday
August 20, 2019

Entrées

Potato Crusted Snapper w/ Ruby Wild Rice & Fresh Vegetable 425 cal, 45g protein, 34g cho, 11g fat, 169mg sodium, 5g fiber (Canada)



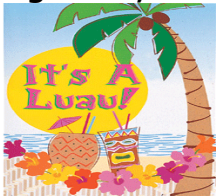
Roasted Cornish Game Hen with Gochujang Sauce

Vegetable Pot Pie **Vegan**

Sides

**Jasmine Rice, Ruby Wild Pilaf V, Pot Stickers
Brussel Sprouts, Chef's Blend, Broccoli**

Wednesday
August 21, 2019



Hawaiian Day

Soups

Spam Saimin *El Camino Café Culinary Creation*

Mushroom Barley **Vegetarian**

Entrées

**Kalua Pork Platter- Pork slowly roasted in Banana Leaves
with Cabbage and Jasmine Rice**

Hawaiian Garlic Tofu with Jalapenos & Sesame Seeds

Teriyaki-Glazed Mahi-Mahi

Sides

**Jasmine Rice, Fried Rice V, Roasted Potatoes
Chef's Blend, Kale and Tomatoes, Baby Bok Choy**

Soups

Chicken and Wild Rice

Cabbage Soup with Meatless Strips **Vegetarian**
El Camino Café Culinary Creation

Thursday
August 22, 2019

Entrées

**Turkey Salisbury Steak, Mashed Potatoes,
Fresh Vegetable**

372 cals, 28g proteins, 34g cho, 13g fat, 594mg sodium, 9g fiber



Sand Dabs with Lemon Sauce and Fresh Herbs
(Pacific Sustainable)

Korean Beef Short Rib Bowl with Kimchi and Jasmine Rice

Sides

**Jasmine Rice, Mashed Potatoes with Gravy, Red Mountain Pilaf
Swiss Chard, Chef's Blend, Buttered Corn**

Soups

Clam Chowder *El Camino Café Culinary Creation*

Roasted Tomato and Garlic **Vegetarian**

Friday
August 23, 2019

Entrées

Mongolian Beef with Soba Noodles & Stir Fry Vegetables

386 cals, 34g protein, 20g cho, 18.56g fat, 392mg sodium, 3g fiber



Cumin Infused Chickpea and Vegetables with Quinoa Pilaf

Roasted Salmon with Fresh Herbs (Canadian Sustainable)

Sides

**Jasmine Rice, Roasted Potatoes V Quinoa Pilaf
Glazed Carrots, Zucchini, Green Beans Almandine**

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.



Week August 19 – August 23, 2019 Global Cuisine

Monday

Chicken Tinga Tostada

Chicken Tinga, Shredded Lettuce, Guacamole, Queso, Refried Beans, Tomatoes, Red Onions, Cilantro, Limes and Sour Cream

Tuesday

Hiyashi Chuka (Cold Ramen Salad)

Ramen Noodles, Sliced Ham, Cucumbers, Tomatoes, Tamago, Naurto & Roasted Corn with Japanese Spicy Dressing

Wednesday



Hawaiian Day

Loco Moco

Savory Burger Patty served with Jasmine Rice, Fried Egg, Brown Gravy and Macaroni Salad

Thursday

Sushi Bar

Friday

Summer Fruit Salad

Chicken, Mixed Greens, Quinoa, Fava Beans, Seasonal Berries, Artichoke Hearts, Feta Cheese with Raspberry Vinaigrette

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 Breakfast 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 and Global)

Closed: 7:00 p.m.

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CHANGE.

MENU SUBJECT TO