



Soup

**Potato and Leek** **Vegetarian**

**Beef Chili** *El Camino Café Culinary Creation*

## Monday

October 14, 2019

Entrées

**Grilled Chicken Breast**  
**Cous Cous with Fresh Seasonal Vegetable**

369 cal, 27.7g protein, 714mg sodium, 2g fiber, 14g fat, 59mg chol



**Stroganoff Pasta Bake with Mushrooms, Spinach and Cheese** **Vegetarian**

**Roasted Tilapia with Lemon & Dill** *Idaho*

Sides

**Jasmine Rice, Roasted Potatoes, Cous-Cous Pilaf**  
**Chef's Blend, Broccoli, Brussel Sprouts**

Soup

**Broccoli and Cheese** **Vegetarian**

**Chicken Noodle with Ginger & Peanuts** *El Camino Café Culinary Creation*

## Tuesday

October 15, 2019

Entrées

**Braised Pot Roast, Mashed Potatoes, Fresh Seasonal Vegetable**

289 cal, 19.7g protein, 464mg sodium, 5g fiber, 8.37g fat, 48mg chol

**Vegetable Tikka Masala with Rice** **Vegetarian**

**Creamy-Garlic Chicken Parmesan**

Sides

**Jasmine Rice, Mashed Potatoes & Gravy, Saffron Basmati V, Naan**  
**Chef's Blend, Green Beans, Broccolini**

Soup

**Beef Macaroni Soup** *El Camino Café Culinary Creation*

**Tomato Florentine** **Vegetarian**

## Wednesday

October 16, 2019

Entrées

**Turkey Medallion Marsala**  
**Red Jasmine Rice & Fresh Seasonal Vegetable**

315 cal, 27.7g protein, 528.6mg sodium, 6g fiber, 3.37g fat, 66mg chol



**Roasted Tandoori Barramundi (Australian Seabass)**  
**with Grilled Onions and Cilantro**

**General Tso's Tofu & Vegetable Stir-Fry with Jasmine Rice** **Vegetarian**

Sides

**Jasmine Rice, Red Jasmine Rice Pilaf V, Roasted Potatoes**  
**Broccoli Rabe, Chef's Blend, Squash**

Soup

**Lemon Chicken with Cauliflower**  
*El Camino Café Culinary Creation*

**French Onion** **Vegetarian**

## Thursday

October 17, 2019

Entrées

**Butternut Squash Ravioli (5 pcs.)**  
**Cannellini Beans and Vegetable Blend**

358 cal, 17g protein, 72mg sodium, 6g fiber, 5g fat, 16mg chol



**Oven Roasted Salmon with Garlic Aioli**

**Stuffed Peppers with Ground Beef, Peppers & Onions**

Sides

**Jasmine Rice, Mashed Potatoes & Gravy, 5-Grain Pilaf**  
**Broccolini, Kale & Tomatoes, Chef's Blend**

Soups

**Clam Chowder** *El Camino Café Culinary Creation*

**Red Pepper Gouda** **Vegetarian**

## Friday

October 18, 2019

Entrées

**Baked Alaskan Cod with Fresh Tomatoes & Balsamic,**  
**Red Mountain Rice Pilaf & Seasonal Vegetable** *Alaskan Sustainable*

300 cal, 17.7g protein, 53mg sodium, 5g fiber, 6g fat, 87mg chol,



**Cajun Blacked Chicken & Fettuccine**  
**with Sun Dried Tomatoes Scallions & Alfredo Sauce**

**Vegetarian Quesadilla- Black Beans, Corn, Kale,**  
**Tomatoes and Cheese in Flour Tortilla**

Sides

**Jasmine Rice, Red Mountain Pilaf V, Spanish Rice**  
**Asparagus, Chef's Blend, Glazed Carrots**



**Week of October 14 –October 18, 2019**

**Global Cuisine**

**Monday**

**Chicken Sliders**

Chicken Patty, Lettuce, Tomatoes, Red Onions and Bistro Sauce Served with Curly Fries

**Tuesday**

**Chicken Kale Salad**

Roasted Chicken, Kale, Red Cabbage, Shredded Carrots, Cranberries, Tomatoes, Butternut Squash, Pumpkin Seeds, Parmesan Cheese, Honey Dijon Dressing

**Wednesday**

**Pork Chow Mein**

Ground Pork Seasoned with Garlic & Ginger, Mixed Vegetables, Chow Mein Noodles

**Thursday**

**Chicken & Black Bean Rice Bowl**

Chicken Carnita's, Spanish Rice, Black Beans, Corn, Salsa, Cilantro, Guacamole, Queso Fresco and Jalapenos

**Friday**

**Mango Mandarin Shrimp Salad**

Sautéed Shrimp, Mixed Greens, Mandarin Oranges, Edamame, Mango, Avocado, Green Onions, Diced Red Peppers with Roasted Sesame Dressing & Toasted Sesame Seeds

**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)**

**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**