




**Monday**  
October 28, 2019  
*Pumpkin Carving Day*

**Soups** Roasted Corn Chowder *El Camino Café Culinary Creation* **VEGETARIAN**  
**Menudo**

**Entrées**

**Teriyaki Tofu with Bok Choy & Brown Rice Pilaf** **VEGETARIAN**  
323 cal, 23.46g protein, 45g cho, 13.8g fat, 640.05 mg sodium, 4.24 fiber 

**Parmesan Crusted Pork Chops**

**Chicken Tikka Masala**

**Sides**

**Jasmine Rice, Wild Grain Rice v, Chana Masala v, Kulcha Brussel Sprouts, Green Beans & Mushrooms, Chef's Blend**

**Soups**

**Cream of Broccoli** **VEGETARIAN**

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

**Entrées**

**Stuffed Eggplant with Whole Grain Medley, Tomatoes and Spinach** **VEGAN** 

**Oven Roasted Haddock with Lemon-Butter Sauce** (*Alaskan Sustainable*)

**Coffee Ancho Chili Rubbed Roast Beef and Mushroom Garlic Sauce**

**Sides**


**Jasmine Rice, Couscous -Quinoa Pila f v, Dal Makhini v Asparagus, Chef's Blend, Zucchini, Pratha v**

**Soups**

**Chicken and Sausage Gumbo**

**Red Potato and Leek** *El Camino Café Culinary Creation* **Vegetarian**

**Entrées**

**Chicken, Rice & Bean Burrito and Fresh Seasonal Vegetable**  
475 cal, 29g protein, 46g cho, 12g fat, 603 mg sodium, 9g fiber 

**Baked Cod Crusted with Panko & Creole Mustard** (*Atlantic Sustainable*)

**Palak Paneer**-puréed spinach and seasoned with ginger, garlic and garam masala.

**Aloo Gabi**-potatoes, cauliflower and Indian spices and turmeric.

**Sides**


**Jasmine Rice, Roasted Potatoes, Saffron Basmati Rice Chef's Blend, Baby Carrots, Broccolini, Naan**

**Soups**

**Miso** **Vegetarian** *El Camino Café Culinary Creation*

**Chicken & Dumpling**

**Entrées**

**Whole Wheat Pasta with Turkey Meat Sauce Fresh Seasonal Vegetable**  
454 cal, 34g protein, 50g cho, 13g fat, 187mg sodium, 14g fiber 

**Grilled Hanger Steak with Pearl Onions & Gravy**

**Cajun Fried Chicken Thighs**

**Sides**


**Jasmine Rice, Mashed Potatoes & Gravy V, White- Wild Pilaf Green Beans & Butternut Squash, Chef's Blend, Idli V served with Chutney**

**Soups**

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

**Vegetable Garden**

**Entrées**

**Chicken Marengo Red Jasmine Pilaf and Fresh Seasonal Vegetable**  
371 cal, 34g protein, 39g cho, 9g fat, 668mg sodium, 5g fiber 

**Roasted Cauliflower & Broccoli, Tomatoes and Gluten Free Red Lentil Pasta with Pesto Sauce** **VEGETARIAN**

**Grilled Salmon with Lemon & Chives** (*Pacific Sustainable*)

**Sides**

**Jasmine Rice, Red Jasmine Pilaf V, Samosa V, Broccoli Rabe, Succotash, Chef's Blend**

**Wednesday**  
October 30, 2019

**Thursday**  
October 31, 2019



**Friday**  
November 1, 2019



## Week of October 28 – November 2, 2019

### Global Cuisine

#### Bang Bang Shrimp Pasta

**Monday** Sautéed Shrimp, Sundried Tomatoes, Spinach, Creamy-Secret Sauce and Linguini Pasta

#### Pork Sisig

**Tuesday** Sauteed Pork with Lemon, Vinegar, Onions and Chili Peppers over Jasmine Rice

#### Chinese Chicken Salad Cup

**Wednesday** Shredded Napa Cabbage, Carrots, Cilantro, Green Onions, Ramen Noodles, Red Cabbage with Sesame Ginger Dressing Served in Baby Iceberg Cups

**Thursday**

### Sushi Bar



#### Chicken Shawarma Salad

**Friday** Mixed Greens, Tomatoes, Red Onions & Persian Cucumbers tossed in Olive Oil and Lime Juice topped with Tzatziki Sauce

### 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**



# Celebrating Diwali

## Festival of Lights



**Chana masala**, also known as channay, chole masala, chole or chholay, is a dish originating from the Indian subcontinent. The main ingredient is a variety of chickpea called chana or kala chana. They are twice the diameter of typical chickpeas with a stronger flavour and firmer texture even after being cooked.

**Kulcha** is a type of mildly leavened flatbread that originated in the Indian subcontinent

**Dal makhani** or dal makhni is a dish originating from the Indian subcontinent, notably in the Punjab region. The primary ingredients are whole black lentil, red kidney beans, butter and cream.

**Paratha** is a flatbread that originated in the Indian subcontinent, prevalent throughout areas of India, Sri Lanka, Pakistan, Nepal and Bangladesh where wheat is the traditional staple. Paratha is an amalgamation of the words parat and atta, which literally means layers of cooked dough.

**Palak paneer** is a vegetarian dish originating from the Indian subcontinent, consisting of paneer in a thick paste made from puréed spinach and seasoned with ginger, garlic, garam masala, and other spices.

**Aloo gobi** is a vegetarian dish from the Indian subcontinent made with potatoes, cauliflower and Indian spices. It is popular in Indian and Pakistani cuisines. It is yellowish in colour, due to the use of turmeric, and occasionally contains kalonji and curry leaves.

**Naan** is a leavened, oven-baked flatbread found in the cuisines mainly of Western Asia, South Asia, Central Asia, Myanmar and the Caribbean.

**Idli or idly** are a type of savoury rice cake, originating from the Indian subcontinent, popular as breakfast foods in southern India and among Tamils in Sri Lanka. The cakes are made by steaming a batter consisting of fermented black lentils and rice.

**Samosa** is a fried or baked pastry with a savoury filling, such as spiced potatoes, onions, peas, meat, or lentils. It may take different forms, including triangular, cone, or half-moon shapes, depending on the region.

**Ras malai**, or Rasaw malai in Odisha or rossomalai in West Bengal, is an Indian dessert believed to have originated from the eastern part of the country although it cannot be confirmed. It has been described as "a rich cheesecake without a crust".

**Gulab jamun** is a milk-solid-based sweet from the Indian subcontinent, popular in India, Nepal, Pakistan, the Maldives, and Bangladesh, as well as Myanmar. It is also common in Mauritius, Fiji, Malay Peninsula, and the Caribbean countries of Trinidad and Tobago, Guyana, Suriname