



Soups

7- Bean **VEGETARIAN**

Tom Yum Soup *El Camino Café Culinary Creation*

Entrées

**Seared 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



Roast Pork Loin with Roasted Tomatoes and Button Mushrooms

Chicken Tikka Masala

Sides

**Jasmine Rice, Wild Grain Rice v, Roasted Potatoes v,
Brussel Sprouts, Green Beans & Mushrooms, Chef's Blend**

Soups

Entrées

**2019 Annual Holiday Feast
Conference Room Center
11:00am – 2:00pm Lunch Shift
4:00pm – 6:00pm Dinner Shift**

Cafeteria opened for Breakfast only 6:30 am – 10:00 am

Sides

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.

Sides

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

Soups

Old Fashioned Vegetable Soup **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, Collard Greens**

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, Cheese Curds,
Broccoli Rabe, Succotash, Chef's Blend**

Monday

December 9, 2019

Tuesday

December 10, 2019

Wednesday

December 11, 2019

Thursday

December 12, 2019

Friday

December 13, 2019



Week of December 9 – December 13, 2019

Global Cuisine

Monday

Pork Tostadas

Pork Carnitas, Beans, Shredded Lettuce, Tomatoes, Salsa, Guacamole, Cilantro, Queso and Sour Cream on a Tostada

Tuesday



Wednesday

Pork Sisig

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

Thursday

Cioppino – Fishermans Stew

Salmon, Shrimp, Clams and Mussels in a Tomato Broth served over Linguine Pasta with Garlic Bread

Friday

Rueben Burger

Grilled Beef Patty, Corned Beef, Sauerkraut, Swiss Cheese & Thousand Island Dressing on a Brioche Bun with Curly Fries

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