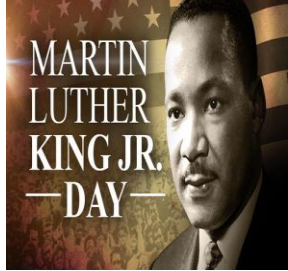




Monday
January 20, 2020



Tomato Basil **VEGETARIAN**

Italian Wedding Soup

Entrées

Baked Ham with Red Eye Gravy

Southern Fried Chicken

Sides

Jasmine Rice, Roasted Sweet Potatoes, Grilled Hamburgers
Green Beans, Chef's Blend, Corn Bread, Fries

Soups

Seven Bean **VEGETARIAN**

Pork & Tomato Stew *El Camino Café Culinary Creation*

Entrées

Stuffed Eggplant with Whole Grain Medley,
Cauliflower Rice and Spinach **PLANT BASED**
with Seasonal Vegetable



Herb Crusted Haddock with Lemon-Butter Sauce (*Alaskan Sustainable*)

Coffee Rubbed Pork Roast and Mushroom Garlic Sauce

Sides

Jasmine Rice, Couscous -Quinoa Pilaf **PB**, Cheese Curds
Asparagus, Chef's Blend, Zucchini

Soups

Turkey Gumbo

Asian Vegetable Soup with Tofu *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*)

Lentil Sheppard's Pie **VEGETARIAN**

Lentils, Mushrooms, Onions, Tomatoes and with Mashed Potatoes Crust

Sides

Jasmine Rice, Roasted Potatoes, 5-Grain Pilaf
Chef's Blend, Baby Carrots, Broccoli

Soups

Tomato Roasted Mushroom Portabella Bisque **Vegetarian**

Chicken & Dumpling *El Camino Café Culinary Creation*

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

Teriyaki Tofu Stir-Fry with Jasmine Rice

Sides

Jasmine Rice, Mashed Potatoes & Gravy **V**, White & Wild Pilaf
Green Beans & Butternut Squash, Caulini, Chef's Blend

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



Gluten Free Red Beet Ravioli with Gluten Free Alfredo Sauce
& Chef's Vegetable Medley **VEGETARIAN**

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

Sides

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

Wednesday
January 22, 2020

January 22, 2020

Thursday
January 23, 2020

January 23, 2020

Friday
January 24, 2020

January 24, 2020



Week of January 20 – January 24, 2020

Global Cuisine

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

Tuesday **Nacho Tuesday**
Tortilla Chips, Ground Chicken, Black Beans **V**, Cheese Sauce
Shredded Lettuce, Onions, Green Chili Salsa, Roasted Salas Roja, Salas Cruda, Sour Cream

Wednesday **Jerked Salmon Salad**
Lettuce, Tomatoes, Plantains, Roasted Corn, Tomatoes
Quinoa, Edamame and lime Vinaigrette

Thursday **Impossible Burger**
Ciabatta Bun, Lettuce, Tomato, Bistro Sauce served with Curly Fries

Friday **Chicken Banh Mi**
Pickled Daikon & Carrots, Green Onions, Jalapenos, Cilantro, Cucumbers,
Garlic Mayo and Pate in a French Roll

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

Café Closed

Please join us at the **Bistro** for Breakfast

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.

PLANT BASED Does not contain meat, fish, fowl dairy & eggs.

MENU SUBJECT TO CHANGE