



Monday

March 30, 2020

Entrées

Carrot and Parsnip **Vegetarian**

Minestrone *El Camino Café Culinary Creation*

**Grilled Chicken Breast Mediterranean Vegetables
Couscous with Fresh Seasonal Vegetable**

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



Coffee Crusted Beef Roast with Grilled Onions

Sautéed Sand Dabs with Lemon and Capers

Sides

**Jasmine Rice, Couscous Pilaf, Mashed Potatoes & Gravy
Chef's Blend, Brussel Sprouts**

Soup

Broccoli and Cheese *El Camino Café Culinary Creation* **Vegetarian**

Thai Wicked Chicken

Tuesday

March 31, 2020

Entrées

Eggplant & Spinach Stack **Vegetarian**

combination of grilled and crispy eggplant layered with spinach,
cheese and marinara sauce



Honey Mustard Beef Brisket

Braised Pork Chili Verde

Anaheim chilies with onions and chayote squash
topped with cilantro & tomatoes

Sides

**Jasmine Rice, Spanish Rice, Cheese Curds
Chef's Blend, Broccolini**

Soup

Beef, Barley & Mushroom Soup *El Camino Café Culinary Creation*

Tomato Florentine with Potatoes **Vegetarian**

Wednesday

April 1, 2020

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



Chicken Noodle Casserole with Mushrooms, Peas and Alfredo

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

Sides

**Jasmine Rice, Red Jasmine Rice Pilaf V, Roasted Potatoes
Chef's Blend, Kale & Tomatoes**

Soup

Lemon Chicken with Cauliflower

El Camino Café Culinary Creation

Mediterranean Vegetable **Vegetarian**

Thursday

April 2, 2020

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 Roasted Garlic and Lemon Aioli

Stuffed Peppers

filled with ground beef, quinoa, garbanzo beans & kale

Sides

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

Soups

Clam Chowder *El Camino Café Culinary Creation*

Seven Bean **Vegetarian**

Friday

April 3, 2020

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,



BBQ Roasted Chicken

Vegetable Quesadilla

Corn, Poblano Peppers, Onions and Cheese in Flour Tortilla

Sides

**Jasmine Rice, Red Mountain Pilaf V, Mac & Cheese
Asparagus, Glazed Carrots**



Week of March 30, 2020 – April 3, 2020 Global Cuisine

Monday

Chicken Sliders

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

Tuesday

Taco Tuesday

Taco Shells, Ground Beef, Roasted Zucchini & Corn **v**, Cheese, Shredded Lettuce, Onions, Green Chili Salsa, Roasted Salas Roja, Sour Cream

Wednesday

Bulgogi Beef Wrap

Shredded Lettuce, Pickled Carrots & Red Onions, Cucumbers and Tomatoes with Spicy Aioli in a Tomato Wrap

Thursday

Chicken & Black Bean Rice Bowl

Chicken Carnita's, Spanish Rice, Black Beans, Corn Salsa, Cilantro, 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.

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

MENU SUBJECT TO CHANGE