



Clam Chowder **Shell**

Minestrone **VEG DF GF**

Sweet & Sour Chicken **DF**

Sweet & Sour Tofu **DF VEG**

Coconut-crusted Tilapia **DF**

**Sides**

Steamed Rice **DF GF VEG** Stir-fry Vegetables **DF GF VEG**  
Egg Rolls **VEG**

**Soups**

Chicken Tortilla **DF GF**

House Vegetable **DF GF VEG**

## Tuesday

August 19, 2025

**Entrées**

Chicken Tinga

Beef Barbacoa **VEG**

Spanish Rice | Frijoles | Elote-style Corn **GF**

**Sides**

Salsa Roja | Cotija | Onions & Cilantro | Corn Tortillas

**Soups**

Chicken Coconut Curry **DF GF**

Vegetable Lentil **DF GF VEG**

## Wednesday

August 20, 2025

**Entrées**

Roasted Salmon with Citrus Fennel Salad **DF GF**

Spinach & Feta Spanakopita **VEG**

Roasted Lemon Thyme Chicken Thighs **GF DF**

**Sides**

Rice Pilaf **VEG** Steamed Asparagus **DF GF VEG**

**Soups**

Potato Leek **VEG**

Chicken Sausage Gumbo **DF**

## Thursday

August 21, 2025

**Entrées**

Meatball Marinara

Chicken Alfredo

Roasted Eggplant & Tomato in Pesto **DF VEG**

**Sides**

Fettuccine **VEG** Steamed Broccoli **DF GF VEG** Garlic Bread **VEG**

**Soups**

Vegetable Beef Barley **DF**

Mediterranean Vegetable **DF GF VEG**

## Friday

August 22, 2025

**Entrées**

Smoked Beef Brisket **DF**

Fried Chicken

Collard Greens & Beans **VEG DF GF**

**Sides**

Mac & Cheese **VEG** Roasted Yams **DF GF VEG** Cornbread **VEG**

(Cafe)Café Creation (DF)Dairy Free ( **GF** )Gluten Free (Nuts)Contains Nuts  
(P)Plant Based (Pork)Contains Pork (Shell)Contains  
Shellfish (S)Spicy (VEG)Vegetarian