



Grilled Chicken with Sweet Peppers, Spinach and Feta (GF)
Grilled Pork Chops with Voodoo Sauce
Maple Roasted Carrots (V) (VG) (GF)
Roasted Root Vegetables (carrots, onions, beets, potatoes) (V) (VG) (GF)
Spinach Salad (red onions, caramelized pecans) with Raspberry Vinaigrette (V) (VG) (GF)
French Bread (V)
Assorted Cookies (V)

Grilled Chicken with Sundried Tomato Cream Sauce (GF)
Roasted Pork Loin with Port Wine Full Grain Mustard Gravy (GF)
Basmati Rice with Fresh Herbs (V) (VG) (GF)
Ratatouille (V) (VG) (GF)
Mixed Green Salad with Assorted Vegetables and Two Dressings (V) (VG) (GF)
Sourdough Bread (V)
Mini Cheesecake Bites (V)

Grilled Lemon Herb Chicken (GF)
Roast Beef with Mushroom Burgundy Gravy (GF)
Roasted Peppers Stuffed with Mushrooms, Onions and Rice (V) (VG) (GF)
Creamy Garlic Mashed Potatoes (V) (Can Make VG) (GF)
Caesar Salad (Can Make GF)
Homemade Rolls (V)
Brownies (V)

Tri Tip with Demi-Glace
Ham (GF)
Roasted New Potatoes (V) (VG) (GF)
Sautéed Green Beans with Gorgonzola and Almonds (V) (Can Make VG) (GF)
Superfoods Salad (kale, edamame, blueberries, grapes, sunflower seeds and walnuts) (V) (VG) (GF)
Artisan Bread (V)
Carrot Cake (V)

Hoisin and Bourbon-Glazed Pork Tenderloin (GF)
Chicken with Mushroom Burgundy Sauce (GF)
Scalloped Potatoes (V) (Can Make GF)
Grilled Parmesan Garlic Asparagus (V) (Can Make VG) (GF)
Avocado, Cucumber and Tomato Salad (V) (VG) (GF)
Fresh Rolls (V)
Raspberry Chocolate Cake (V)

Roasted Whole Chicken (GF)
Meatloaf
Rice Pilaf with Toasted Almonds (V) (GF)
Baked Spaghetti Squash with Parmesan Cheese (V) (Can Make VG) (GF)
Brussel Sprouts and Apple Salad with Walnuts (V) (VG) (GF)
Artisan Rolls (V)
Chocolate Mousse (V)



Lemon Herb Chicken (GF)
Beef Stroganoff
Buttered Egg Noodles (V)
Garlic Broccoli (V) (VG) (GF)
Poppyseed Kale Salad (kale, cabbage, broccoli & brussel sprouts) with Poppyseed Dressing (V) (VG) (GF)
Garlic-Herb Rolls (V)
Pie (V)

Grilled Aloha Chicken (GF)
Kalua Pork and Cabbage (GF)
Hawaiian Fried Rice (V) (VG) (GF)
Sauteed Carrots and Peas (V) (VG) (GF)
Hawaiian Chopped Salad with Carmelized Pineapple Vinaigrette (V) (VG) (GF)
Sweet Rolls (V)
Pineapple Upside Down Cake (V)

Mongolian Beef (GF)
Grilled Chicken with Lemon Grass (GF)
Sticky Rice (V) (VG) (GF)
Stir-fried Asian vegetables with Nuts (V) (VG) (GF)
Inside Out Chinese Spring Roll Salad (glass noodles, carrots, cabbage, cucumber & peppers) in Sweet Sesame-Ginger Sauce (V) (VG) (GF)
Rolls (V)
Assorted Cakes (V)

Sesame Ginger Beef (GF)
Orange Chicken
Potstickers
Miso Glazed Carrots (V) (VG) (GF)
Strawberry Salad (mixed greens, strawberries, cheese, gala apples, dried cranberries & candied pecans) (V) (VG) (GF)
Sweet Rolls (V)
Chilled Melon and Lychee Fruit Salad (V) (VG) (GF)

Grilled Teriyaki Chicken (GF)
Beef with Broccoli (GF)
Vegetable Fried Rice (V) (Can Make VG) (GF)
Green Beans in Black Bean Garlic Sauce (V) (VG) (GF)
Bacon Garden Salad (cheddar cheese, sugar snap peas, tomatoes, corn, cucumbers, bacon) (Can Make V or VG) (GF)
Rolls (V)
Coconut Rice with Mango (V) (GF)

Sesame Chicken (GF)
Korean Beef (GF)
Sweet Peas (V) (VG) (GF)
Egg Rolls (V)
Kale and Beet Salad (goat cheese, chickpeas, pears, walnuts, beets, greens & kale) (V) (VG) (GF)
French Bread (V)
Fried Sesame and Red Bean Balls (V) (VG) (GF)



Sweet and Sour Chicken

Beef Stir Fry (GF)

Phad Thai (GF)

Grilled Asparagus (V) (VG) (GF)

Asian Salad (sugar snap peas, edamame, cucumbers, peppers, mandarin oranges, sesame seeds & cashews) (V) (VG) (GF)

Artisan Rolls (V)

Bread Pudding with Vanilla Sauce (V)

Meat Lasagna

Chicken Piccata (Can Make GF)

Vegetarian Lasagna (V) (VG)

Gnocchi with Pesto (V)

Caprese Salad (V) (GF)

Garlic Bread (V)

Assorted Cookies (V)

Chicken Parmesan

Meatballs with Marinara (GF)

Eggplant Parmesan (V)

Baked Ziti a la Vodka (V)

Italian Chopped Salad with Chickpeas (V) (VG) (GF)

Breadsticks (V)

Tiramisu (V) (GF)

BBQ Chicken (GF)

Pulled Pork Sandwiches (Can Make GF)

Homemade Coleslaw (V) (GF)

Mashed Sweet Potatoes with Cinnamon, Brown Sugar and Butter (V) (Can Make VG) (GF)

Southwestern Salad (greens, corn, tomatoes, avocados, jicama and black beans) (V) (VG) (GF)

Corn Bread (V)

Peach Cobbler (V)

Sausage and Shrimp Jambalaya or Grilled Brats with Sauerkraut (you choose one)

Baked Fried Chicken

White Bean Ragout (V) (VG) (GF)

Southern Fried Corn (V) (VG) (GF)

Quinoa Kale Salad (kale, quinoa, blueberries, greens, grapes, parmesan cheese & pistachios) (V) (VG) (GF)

Biscuits (V)

Macaroons (V)

Grilled Chicken with Sweet Chili–Peach Glaze (GF)

Bourbon & Brown Sugar Marinated Flank Steak (GF)

Creamy Mashed Potatoes (V) (Can Make VG) (GF)

Steamed Buttered Carrots (V) (Can Make VG) (GF)

Berry Salad (greens, strawberries, blueberries, raspberries & cinnamon almonds) (V) (VG) (GF)

French Bread (V)

Mini Eclairs (V)



Blackened Chicken (GF)

Cajun Beef Bites with Cajun Creamy Horseradish Sauce (GF)

Dirty Rice with Beans (V)(VG)(GF)

Stirfried Cabbage (V)(VG)(GF)

Marinated Grilled Vegetables Salad (V)(VG)(GF)

Sourdough Bread (V)

Beignets (V)

Shrimp Scampi (GF)

Moroccan Baked Chicken (GF)

Marinated Grilled Vegetables (V)(VG)(GF)

Savory Couscous (V)(VG)

Cucumber and Tomato Salad (V)(VG)(GF)

Naan (V)

Moroccan Pastry (fruit, chocolate, walnuts, powdered sugar & cinnamon) (V)

Mediterranean Chicken (with Onions, Sweet Peppers and Greek Olives) (GF)

Beef Kabobs (GF)

Raw Vegetables with Hummus (V)(VG)(GF)

Lentil Rice (V)(VG)(GF)

Greek Salad (V)(Can Make VG)(GF)

Pita Bread (V)

Baklava (V)

Chicken Enchiladas (Can Make GF)

Mexican Lasagna (V)

Cheese Enchiladas (V)(Can Make GF)

Spanish Rice (V)(VG)(GF)

Mixed Green Salad with Assorted Vegetables and Two Dressings (V)(VG)(GF)

Corn Bread with Green Chili Peppers (V)

Churros (V)

Chicken Fajitas (Can Make GF)

Grilled Flank Steak Chimichurri (GF)

Mexican Quinoa (V)(VG)(GF)

Salsa with Chips (V)(VG)(GF)

Mexican Chopped Salad with Honey-Lime Dressing (V)(Can Make VG)(GF)

Flour and Corn Tortillas (V)(VG)(Can Make GF)

Grilled Pineapple (V)(VG)(GF)

Grilled Salsa Verde Chicken (GF)

Grilled Flank Steak with Honey-Lime Cilantro Sauce (GF)

Black Bean and Corn Salsa with Onion, Cilantro and Lime Juice (V)(VG)(GF)

Street Corn (V)(GF)

Southwestern Salad (V)(VG)(GF)

Corn and Flour Tortillas (V)(VG)(Can Make GF)

Mexican Spicy Brownies (V)



Hamburgers (GF)
Grilled Chicken (GF)
Veggie Burger (V)
Tater Tots (V)(GF)
Lettuce Wedge Salad with Bacon and Blue Cheese Dressing (Can Make V or VG) (GF)
Hamburger Buns (V)
Banana Pudding with Nilla Wafers (V)

Deli Sandwiches (meat and vegetarian) (V)(Can Make VG or GF)
Vegetable Tray (V)(VG)(GF)
Lemony Cucumber Couscous Salad with Feta (V)
Mixed Green Salad with Assorted Vegetables and Two Dressings (V)(VG)(GF)
Fruit Salad (V)(VG)(GF)
Chips (V) (Can Make VG or GF)
Strawberry Shortcake (V)

Hot Dogs with Buns
Chili con Carne (GF)
Vegetarian Chili (V)(GF)
Potato Salad (V)(GF)
Bacon Broccoli Salad with Sunflower Seeds (Can Make V or VG) (GF)
Corn Bread (V)
Watermelon (V)(VG)(GF)

SUBSTITUTE FISH ENTREES (substitute for a meat entree on your selected menu)

Grilled or Breaded Swai Fish (white fish) or Catfish
Parmesan Breaded Tilapia
Grilled Salmon or Teriyaki Salmon

Potential Sauces for Fish: Mango Lime, Mango Chutney, Lemon Sauce, Lemon Dill Beurre Blanc, Hollandaise, Veracruz, Tartar Sauce, Lemon Wedges