

		WEEK 1 - Week of September 9, September 30, October 21									
		Monday		Tuesday		Wednesday		Thursday		Friday	
LUNCH	Main Entree	Chicken Parmesan		Muffaletta on a Potato & Onion Bun with Mortadella, Fresh Mozzarella, Arugula, Sundried Tomatoes & Pepper Spread, Olives, Pesto Aioli		Baked Cod Nuggets with Lemon Tartar Sauce		Spiced Ground Chicken & Mozzarella Arayas		Grilled Beef Burgers (DA, GA)	
	Vegetarian Entree	Grilled Pesto Bocconcini Skewers Grape Tomatoes, Bocconcini, Peperoncini, Zucchini		Grilled Cheese Sandwich (VEGETARIAN)		Red Curry with Chickpeas, Broccoli & Potatoes(DA,GA, VEGAN)		Fried Honey Garlic Tofu Bites with House Ranch (GA / VEGAN)		Grilled Veggie Burgers (GA, VEGAN)	
	Dairy Aware / Gluten-Aware Entree	Grilled Pesto & Vegetable Skewers Grape Tomatoes, Roasted Pepper, Artichoke, Peperoncini, Zucchini		GA/DA Grilled Cheese Sandwich (DA,GA, VEGAN)	Vegan Muffaletta, Portabello Mushroom, Chickpea Spread, Arugula, Sundried Tomatoes & Pepper Spread, Olives, Pesto Aioli	Miso Glazed Cod (DA, GA)		Fried Honey Garlic Tofu Bites with House Ranch		Both	
	Accompaniments / Cold Additions / Daily Composed Salad	Parmesan Cheese, Chili Flakes	Composed Salad: Heirloom Tomatoes, Sliced Cantaloupe with a Baco Noir Reduction and Fresh Basil (GA,DA,VEGAN)	Mayo, Ketchup	Composed Salad: Greek Pasta Salad	Sliced Scallions, Lemon Wedges, House Tartar Sauce (GA, VEGAN)	Composed Salad: Watermelon, Beets & Goat Cheese with fresh mint, lime & olive oil	Ranch, Lime & Chili Aioli	Composed Salad: Creamy Dill Pickle and Potato Salad (VEGAN)	TOPPINGS: Lettuce, Tomato, Onions, Pickles, Cheddar cheese	Fetiah's Daily Salad
	Side Dish	Penne Pomodoro (DA, VEGAN)		Potato Rosti Balls (DA, VEGAN)		Jasmine Rice (GA, VEGAN)		Roasted Parisienne Potatoes (DA,GA, VEGAN)		Spiced Spiral Fries (VEGAN) contains gluten	
	Vegetable	Roasted Asparagus (GA, VEGAN)		Roasted Zucchini with Sumac & Parsley		Steamed Broccoli (DA, GA, VEGAN)		Steamed Cauliflower (DA, GA, VEGAN)		Steamed Corn /Corn On the Cob (DA,GA, VEGAN)	
	Soup	Spiced Shredded Chicken, Corn and Beans (DA,GA)		Tomato (DA, GA, VEGAN)		Chicken Noodle (DA)		Broccoli (DA)		Roasted Vegetable (GA, VEGAN)	
	Salad & Deli Bar	SALAD BAR SELECTION CHANGES DAILY Mixed Greens & Daily Salad Mix, Shredded Carrots, Grape Tomatoes, Sliced Cucumbers, Sliced Turkey, Chickpeas, Boiled Eggs, Bread Selection, Assorted Toppings									

		WEEK 2 - Week of September 16, October 7, October 28									
		Monday		Tuesday		Wednesday		Thursday		Friday	
LUNCH	Main Entree	Tajin spiced Fried Cod		Roasted Jerk Chicken (DA,GA)		Pasta: Gemelli, Cheese Tortellini Rotation of Sauces: Beef Bolognese, Rosé Sauce, Chicken Alfredo, Pesto Primavera, Pomodoro, Meatballs in Pomodoro sauce		Churrasco Beef Flank Steak (DA,GA)		Baked Chicken Tenders (DA)	
	Vegetarian Entree	Beyond Meat Vegan Ground Quesadilla with Cheese & Peppers		Johnny Vegetable Cakes (DA, VEG)		Sauce: Pomodoro (VEGAN)		Roasted Eggplant Badrijani with Crispy Chickpeas (DA, GA, VEGAN)		Baked Plant Based Tenders (DA,VEGAN)	
	Gluten-Aware / Dairy-Aware Entree	Classic Ground Beef Taco (DA, GA)		Roasted Jerk Chicken (DA,GA)		Gluten Aware Pasta		Both		Baked Gluten Aware Chicken Tenders (DA, GA)	
	Accompaniments / Cold Additions / Daily Composed Salad	TOPPINGS: Sour Cream, Shredded Cheese, Shredded Lettuce & Pineapple Salsa	Composed Salad: Tortilla Chips, Avocado, Feta, Grape Tomatoes & Red Onion Salad with a Lime Vinaigrette	Creamy Cumin Coleslaw with Lime & Sumac, Cucumber & Mint Yogurt	Composed Salad: Grapefruit, Spinach, Shaved Parmesan & Chickpea Salad with a Cider Vinaigrette	Parmesan Cheese, Chili flakes	Composed Salad: Arugula, Blue Cheese, Sliced Apples & Raisin Salad	Chimichurri Sauce, Green Tomato Salsa, Mini Naan	Composed Salad: Esquite Salad - Charred Corn, Feta, Cucumbers, Jalapenos, Peppers, Red Onions with Tajin Creme (GA, VEG)	Plum Sauce, Ketchup, Buttermilk & Peppercorn Ranch Sauce	Fetiah's Daily Salad
	Side Dish	White Rice	Flour Tortilla & Crispy Blue Corn Tostada	Jollof Rice (DA,GA, VEGAN)		Garlic Loaf (VEGETARIAN)		Cous Cous & Vegetable Pilaf (VEGAN)		Frits (Fries DA, GA, VEGAN & Onion Rings DA, VEGAN)	
	Vegetable	Corn On the Cob (DA, GA, VEGAN)		Baked Plantains (DA,GA, VEGAN)		Seasonal Clearwater Farms Vegetable (DA, GA, VEGAN)		Steamed Cauliflower (DA, GA, VEGAN)		Grilled Asparagus (DA, GA, VEGAN)	
	Soup	Spiced Shredded Chicken, Corn and Beans (DA,GA,VEGAN)		Chicken Noodle Soup (DA)		Broccoli Soup (DA, GA, VEGAN)		Garden Vegetable Soup (DA, GA, VEGAN)		Black Bean Soup (DA, GA, VEGAN)	
	Salad & Deli Bar	SALAD BAR SELECTION CHANGES DAILY Mixed Greens & Daily Salad Mix, Shredded Carrots, Grape Tomatoes, Sliced Cucumbers, Sliced Turkey, Chickpeas, Boiled Eggs, Bread Selection									

		WEEK 3 - September 23, October 14, November 4									
		Meatless Monday		Tuesday		Wednesday		Thursday		Friday	
LUNCH	Main Entree	Vegetable Spring Rolls & Egg Rolls (Sesame) (VEGETARIAN)		Lemon Pepper Roasted Salmon (GA/DA)		Pork Sausages (DA) Turkey Bacon (DA,GA) & Scrambled Eggs (GA)		Butter Chicken with Scallions & Yogurt (GA)		Pepperoni Pizza	Chef's Specialty Pizza
	Vegetarian Entree	Vegetable Dumplings (Sesame) (DA, GA, VEGAN)		Potato & Cheddar Pierogies with Brown Butter & Caramelized Onions (VEGETARIAN)		Housemade Roasted Garlic Chickpea Falafel (DA, VEGAN)		Green Lentil & Chickpea Dahl (DA,VEGAN)		Cheese Pizza (Vegetarian)	
	Gluten-Aware / Dairy Aware Entree	Spicy & Sweet Gochujang Tofu (DA, GA, VEGAN)		Lemon Pepper Roasted Salmon		Breakfast Meats & Scrambled Eggs		Butter Chicken (GA)		Gluten & Dairy Aware Cheese Pizza (DA, GA, VEGAN)	
	Accompaniments / Cold Additions / Daily Composed Salad	Plum Sauce, Chili Oil, Soy Sauce	Composed Salad: Wakame Salad: Korean Smashed Cucumbers, Carrots & Scallions	Sliced Scallions, Lemon Wedges, House Tartar Sauce (GA, VEGAN)	Composed Salad: Iceberg lettuce, Cucumbers & Kimchi with a Soy & Sherry Vinaigrette	Pita, Tzatziki, Pickled Red Onions, Maple Syrup	Composed Salad: Fruit Salad	Naan, Yogurt with Lemon & Mint, Mango Chutney	Composed Salad: Cucumbers, Pomegranate Arils, Caraway Seeds with a Feta Dressing	Grated Parmesan, Chili Flakes, House Chipotle Aioli	Fetiah's Daily Salad
	Side Dish	Sammy's Egg & Vegetable Fried Rice (DA, GA)		Jasmine Rice (GA, VEGAN)		Potato Pancakes or Bites (DA, VEGAN)		Jasmine Rice (DA, GA, VEGAN)		Mozzarella Sticks (VEGETARIAN)	
	Vegetable	Steamed Bok Choy (DA, GA, VEGAN)		Steamed Broccoli (DA, GA, VEGAN)		Asparagus (DA, GA, VEGAN)		Corn on the Cob (DA, GA, VEGAN)			
	Soup	Miso & Noodle Soup (DA,GA, VEGAN)		Chicken Noodle Soup (DA)		Vegetable & Rice Soup (DA,GA,VEGAN)		Broccoli & Cheddar Soup (GA)		Coconut Cream of Mushroom Soup (GA,VEGAN)	
	Salad & Deli Bar	SALAD BAR SELECTION CHANGES DAILY Mixed Greens & Daily Salad Mix, Shredded Carrots, Grape Tomatoes, Sliced Cucumbers, Sliced Turkey, Chickpeas, Boiled Eggs, Bread Selection									