



## WINTER 2018 MENU

*What's on our minds this year...*

*Meatless Monday, Taco Tuesday, Hearty Plant-Based Meals  
& Healing Ingredients*

### **Chicken/Turkey**

Chicken Divan  
Chicken Kofta Kebabs w/ Herb Salad  
Pimento Cheese Chicken  
Moroccan Chicken & Rice  
Roasted Chicken & Turkey Sausage Gumbo  
Oven Baked Chicken Biscuit Sandwiches  
Poached Chicken "Poke" Bowl  
Green Goddess Chicken  
Chicken Cutlet Cacciatore  
Thai Green Curry Soup  
Turkey Sausage & Veg Cassoulet  
Forbidden Five Spice Chicken  
Southwest Turkey Skillet w/ Cornbread crust  
"Skinny" Chicken Mole Enchiladas  
Chicken Marsala  
Creamy Chicken & Cheese Flour  
Tex- Mex Enchiladas  
Poached Chinese Chicken Salad  
Grilled Chicken Skewers w/ Veg Stir Fry  
Lemon Chicken Citrus Bowl  
Turkey Broccoli Rice Casserole  
Jambalaya Fried Rice  
Braised Balsamic & Tomato Chicken

### **Beef/Pork**

"Light" Sweet -n- Sour Pork tenderloin  
European Beef Stroganoff  
Ancho Chile-Honey Seared Flank Steak  
Shiitake & Broccoli Pepper Beef  
Low-Country Beef Tips & Rice  
Mix Grill Platter (Meat & Veg)  
Italian Braised Pork & Polenta  
Hearty Beef Stew & Egg Noodles

### **Plant Based Meals & Complete Protein Entrees**

Drive-Thru Veggie Burgers  
Chickpea & barley Burgers  
Quinoa Veggie Burgers  
Salsa & Black Bean Burgers  
Grilled Polenta Cakes w/  
Tomato & Bean Cassoulet  
Tofu & Buckwheat Bowl  
Charred Tuscan Roast Veg Salad  
Cumin Spiced Lentil & Quinoa  
Falafel Burgers w/ Greek Yogurt cucumber sauce  
Veggie Bibimbap w/ Egg  
Crispy Cheese & Bean Burritos  
Stuffed Winter Squashes- Acorn, Butternut



## **WINTER 2018 MENU**

### **Fish/Seafood**

Thai Crab & Mango Salad  
Fish Tacos  
Tuna Niciose Salad  
Nordic Salmon w/ Winter Veg Medley  
White Fish & Cauliflower Chowder  
Grilled Salmon Cobb Salad  
Mediterranean Fish & Rice Salad  
Toasted Panko Crusted Shrimp w/ Zesty Cocktail Sauce  
Miso Crusted Fish / Sushi Rice

### **Sides/Salads**

Grapefruit Spinach Pine Nuts Salad  
Herbed Brown Rice Pilaf  
Roasted Golden Beets  
Bison Steak Salad  
Sweet & Spicy Cabbage Slaw  
Super Green Veg Medley (Broccolini, Asparagus & Zucchini)  
Mandarin Mini Bow Tie pasta & Cranberry Spinach Salad w/ Teriyaki Dressing  
Chicken Pea Greek Salad  
Winter Pea and Bean Succotash  
Pimento Cheese Rice

### **Pasta**

Traditional Bolognese Sauce/ Vegetarian Lentil Bolognese  
Hand Made Cheese (or meat) Ravioli  
Tofu/Chicken Ramen Bowl  
Baked Mini Penne (Vegetarian or Meat Style)  
Winter Squash Parpadelle Pasta