



January 22nd through 28th

Maine Central Institute dining services are proudly managed by CulinArt Group

Breakfast: Monday through Friday 7:00AM to 8:00AM

Lunch: Monday through Friday 12:00PM to 2:05PM

Brunch: Saturday & Sunday 10:00AM to 11:00AM

Dinner: Sunday through Saturday 5:00PM to 6:00PM

Phone: (207) 487 4455 | Email: dining@mci-school.org

MAKE THE CHOICE THAT'S RIGHT FOR YOU.

EAT WELL

LOCALLY SOURCED

VEGETARIAN

VEGAN

PLANT-CENTRIC

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WAKIN' UP	Scrambled Eggs Fried Eggs Breakfast Potatoes Bacon, Meatless Sausage Patty						
WAKIN' UP SPECIAL	Brunch: Cinnamon Apple Pancakes	Bacon, Cheddar, and Bell Pepper Egg Scramble	Breakfast Sausage Biscuit Casserole	Strawberry French Toast	Spaghetti Squash Frittata	Chorizo Breakfast Burrito	Brunch: Buttermilk Waffles
LUNCH	Always Available: Fresh Salad Bar Fresh Apples, Bananas, Pears, and Oranges Skim Milk, 2% Milk and Fat Free Chocolate Milk						
KETTLE SOUP		Country Vegetable	French Onion	Mushroom Farro	White Bean and Ham	Broccoli and Cheese	
CHEF'S TABLE		Chicken Enchiladas Roasted Vegetable Enchiladas	Homestyle Meatloaf Three Bean Chili	New York Style Corned Beef Buffalo Roasted Tofu	Sriracha Honey Chicken Pan Seared Ginger Tofu with Scallions	Filipino Pork Adobo Tofu Adobo	
SIDES		Mexican Red Rice and Beans Black Beans and Roasted Corn Zucchini and Tomato Sauté	Brown Rice and Peas Lemon and Olive Oil Broccoli Mashed Potatoes	Stewed Spinach and Tomatoes Potatoes Au Gratin Garlic Parmesan Spaghetti Squash	Jasmine Rice Carrot Scallion Sauté Vegetable Dumplings	Filipino Garlic Rice Soy Glazed Sweet Potatoes Coconut Creamed Spinach	
COMPOSED SALAD		Macaroni Salad	Creamy Coleslaw	Feta Cucumber Tomato Salad	Farro and Sweet Potato Salad	Whole Wheat Pasta Salad	
CITY GRILL		Black Bean Quesadilla Chicken Quesadilla	Chicken Tenders Buffalo Chicken Tenders	Bacon Cheeseburgers Veggie Cheeseburgers	Beef Hotdogs Veggie Dogs	BBQ Pulled Pork Sandwich Cheddar Grilled Cheese	
DINNER	Always Available: Fresh Salad Bar Fresh Apples, Bananas, Pears, and Oranges Skim Milk, 2% Milk and Fat Free Chocolate Milk						
KETTLE SOUP		French Onion	Mushroom Farro	White Bean and Ham	Broccoli and Cheese	Chicken Noodle	Carrot Ginger
CHEF'S TABLE		Traditional Shepard's Pie Butternut Squash Mac and Cheese	Chicken Dijonnaise Ratatouille	Battered Cod and Chips	BBQ Pulled Pork BBQ Tempeh	Beef Lasagna Vegetable Lasagna	Shrimp Scampi in Tomato Sauce
SIDES	Lunar New Year Dinner	Broccoli Brown Rice Paprika Roasted Cauliflower Sweet Northern Cornbread	Parmesan Parsley Carrots Wild Rice Pilaf Crispy Brussel Sprouts	Lemon Green Beans Parmesan Mashed Potatoes Roasted Zucchini	Mashed Sweet Potatoes Chili Roasted Corn Creamy Mac and Cheese	Roasted Butternut Squash Balsamic Roasted Wild Mushrooms Baked Ziti	Manicotti with Marinara Grilled Lemon Parmesan Broccoli
CITY GRILL		Pepperoni Pizza Fajita Cheese Pizza	Texas Cheese Fries Beef Chili Cheese Fries	Meatball Parmesan Hero Eggplant Parmesan Hero	New York Style Ruben Panini	Chicken Tenders Buffalo Chicken Tenders	Jalapeno Poppers Mozzarella Sticks with Marinara