

Spring 2025

## Entrées - Week 1

### Monday

**Comfort Food:** Cheese Tortellini (Contains: Milk, Eggs, Wheat, Gluten)

**Mindful:** Lemon Garlic Baked Chicken (Contains: Milk, Soy)

**Sides:** Roasted Carrots (Contains: Soy), Roasted Red Potatoes (Contains: Soy)

### Tuesday

**Comfort Food:** Chicken Shawarma (Contains: Wheat, Soy, Sesame, Gluten)

**Mindful:** Gyro with Pita Bread (Contains: Tree Nuts, Soy)

**Sides:** Lettuce, Tomato, Onions (Contains: No Allergens Listed), Lemon Rice (Contains: Soy)  
Tahini Sauce (Contains: Sesame)

### Wednesday

**Comfort Food:** Homemade Beef Meatloaf with Gravy (Contains: Milk, Eggs, Wheat, Soy, Gluten, Sesame)

**Mindful:** Roast Turkey Breast (Contains: Soy)

**Sides:** Roasted Carrots & Broccoli (Contains: Soy), Mashed Potatoes (Contains: Milk, Soy, Sulphites)

### Thursday

**Comfort Food:** Baked Mostaccioli (Contains: Soy, Wheat, Milk, Gluten)

**Mindful:** Chicken Tinga (Contains: Soy)

**Sides:** Azteca Corn (Contains: Soy), Mexican Rice (Contains: Soy)

### Friday

**Comfort Food:** BBQ Pulled Chicken Sandwich (Contains: Wheat, Gluten, Soy)

**Mindful:** Palak Paneer (Contains: Milk)

**Sides:** Roasted Vegetables (Contains: Sulphites, Soy), Yellow Rice (Contains: Soy)

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## Entrées - Week 2

### Monday

**Comfort Food:** Blackened Tilapia (Contains: Milk, Wheat, Soy, Gluten)

**Mindful:** Jerk Chicken (Contains: Soy, Sulphites)

**Sides:** Brussels Sprouts (Contains: Soy), Scalloped Potatoes (Contains: Milk, Wheat, Soy, Gluten, Sulphites)

### Tuesday

**Comfort Food:** Veggie Chilaquiles (Contains: Milk, Soy)

**Mindful:** Thai Chicken Stir Fry (Contains: Wheat, Soy, Gluten)

**Sides:** Roasted Carrots (Contains: Soy), Cilantro Lime Rice (Contains: Soy)

### Wednesday

**Comfort Food:** Chicken Tetrazzini (Contains: Milk, Wheat, Soy, Gluten, Sesame, Sulphites)

**Mindful:** Tortilla Crusted Tilapia (Contains: Fish, Soy, Wheat, Gluten)

**Sides:** Sugar Snap Peas (Contains: Soy), Orzo (Contains: Wheat, Gluten, Soy)

### Thursday

**Comfort Food:** Coconut Curry with Rice (Contains: Milk, Eggs, Wheat, Gluten, Soy)

**Mindful:** Turkey Meatloaf with Chipotle BBQ (Contains: Eggs, Gluten, Wheat, Mustard, Sulphites)

**Sides:** Sauteed Broccolini (Contains: Soy), Maple Mashed Sweet Potatoes (Contains: Milk, Sulphites)

### Friday

**Comfort Food:** Roasted Italian Chicken Thigh (Contains: Soy)

**Mindful:** Baked Herbed Cod (Contains: Soy, Fish)

**Sides:** Roasted Vegetables (Contains: Soy, Sulphites), Mashed Potatoes (Contains: Milk, Soy, Sulphites)

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## Entrées - Week 3

### Monday

**Comfort Food:** Open Faced Pot Roast Sandwich (Contains: Milk, Wheat, Soy, Gluten, Mustard, Sulphites)

**Mindful:** Baked Chicken Parmesan with Pasta (Contains: Wheat, Gluten, Soy, Milk, Egg)

**Sides:** Snow Peas (Contains: Soy), Pasta (Contains: Wheat, Gluten, Soy)

### Tuesday

**Comfort Food:** 3 Cheese Penne (Contains: Fish)

**Mindful:** Biryani Chicken (Contains: Soy, Milk)

**Sides:** Lemon Pepper Green Beans (Contains: Soy), Yellow Rice (Contains: Soy)

### Wednesday

**Comfort Food:** Falafels with Pita Bread (Contains: Wheat, Gluten, Soy)

**Mindful:** Gyro with Pita Bread (Contains: Soy, Sulphites)

**Sides:** Cucumber Salad (Contains: Soy), Tzatziki Sauce (Contains: Milk, Wheat, Soy, Gluten, Sulphites)  
Lettuce, Tomato, Onions (Contains: No Allergens Listed), Lemon Rice (Contains: )

### Thursday

**Comfort Food:** Fried Chicken (Contains: Eggs, Wheat, Soy, Gluten)

**Mindful:** Chopped Steak with Onion Gravy (Contains: Wheat, Gluten, Soy)

**Sides:** Asparagus (Contains: ), Scalloped Potatoes (Contains: Wheat, Soy, Gluten, Sesame)

### Friday

**Comfort Food:** Turkey Sloppy Joe on a Bun (Contains: Soy, Wheat, Gluten, Sesame)

**Mindful:** Dijon Chicken (Contains: Soy, Milk, Wheat, Gluten)

**Sides:** Roasted Vegetables (Contain: Sulphites, Soy), Mashed Potatoes (Contains: Milk, Soy, Sulphites)

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## Entrées - Week 4

### Monday

**Comfort Food:** Spicy Whole Wheat Spaghetti (Contains: Soy, Mustard, Sulphites, Wheat, Gluten, Sesame)

**Mindful:** Chicken Marsala (Contains: Wheat, Soy, Gluten, Sulphites)

**Sides:** Lemon Pepper Green Beans (Contains: Soy), Roasted Potatoes (Contains: Soy)

### Tuesday

**Comfort Food:** Swedish Meatballs with Egg Noodles (Contains: Milk, Wheat, Soy, Gluten, Sulphites, Eggs)

**Mindful:** Chicken Tikka Masala (Contains: Milk, Soy)

**Sides:** Roasted Zucchini (Contains: Soy, Sulphites), Lime Cilantro Rice (Contains: Soy)

### Wednesday

**Comfort Food:** Cheese Enchilada Casserole (Contains: Eggs, Wheat, Soy, Gluten, Sesame)

**Mindful:** Chipotle & Orange Chicken (Contains: Soy, Mustard, Sulphites)

**Sides:** Roasted Broccoli (Contains: Soy), Rice Pilaf (Contains: Soy, Wheat, Gluten)

### Thursday

**Comfort Food:** Adobo Roasted Turkey Breast (Contains: )

**Mindful:** Creamy Pesto & Roasted Vegetables with Pasta (Contains: Milk, Soy, Wheat, Gluten, Sulphites)

**Sides:** Corn (Contains: Soy), Egg Noodles (Contains: Eggs, Wheat, Gluten, Soy)

### Friday



**Comfort Food:** Baked Battered Cod (Contains: Milk, Fish, Wheat, Soy, Gluten)

**Mindful:** Chicken Vesuvio (Contains: Soy, Mustard, Milk, Gluten, Wheat)

**Sides:** Roasted Vegetables (Contains: Soy, Sulphites), Roasted Wedge Potatoes (Contains: Soy)

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# THE GRILLE

by **sodexo**

## Grille Menu

### Everyday Options

Hamburger on a Bun (Contains: Soy, Wheat, Gluten, Sesame)

Cheeseburger on A Bun (Contains: Soy, Wheat, Gluten, Milk, Sesame)

Spicy Chipotle Black Bean Burger on a Bun (Contains: Milk, Eggs, Wheat, Soy, Gluten, Sesame)

Baked Chicken Tenders (Contains: Soy, Gluten, Wheat)

Grilled Chicken Breast Sandwich on a Bun (Contains: Soy, Wheat, Gluten, Milk, Sesame)

Spicy Chicken Breast Sandwich on a Bun (Contains: Soy, Wheat, Gluten, Milk, Sesame)

Baked Sweet Potato Fries (Contains: Soy, Wheat, Gluten)

**Specials:**

Baked French Fries (Contains: Soy)

Baked Curly Fries (Contains: Soy)

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**Panini Menu**

*(Bread is not made in house and is made in a facility that processes soy, and tree nuts)*

**Everyday Options**

3 Cheese Panini (Contains: Milk, Wheat, Soy, Gluten)

Turkey Panini (Contains: Milk, Eggs, Wheat, Soy, Gluten, Mustard)

Caprese Panini (Contains: Milk, Wheat, Soy, Gluten)

**Week 1**

Balsamic Chicken Panini (Contains: Milk, Wheat, Soy, Gluten, Balsamic, Sulphites)

**Week 2**

Buffalo Chicken Panini (Contains: Egg, Gluten, Milk, Soy, Wheat)

**Week 3**

Monte Cristo Panini (Contains: Milk, Eggs, Wheat, Soy, Gluten)

## Week 4:

Honey Mustard Turkey Panini (Contains: Wheat, Gluten, Soy, Milk, Eggs, Mustard)

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### Soups

**Week 1:** Smokey Poblano (Contains: Milk).

Chicken Noodle (Contains: Egg, Gluten, Soy, Wheat)

**Week 2:** Tomato Basil (Contains: Milk)

Broccoli Cheddar (Contains: Milk, Soy)

**Week 3:** Italian Wedding (Contains: Wheat, Gluten, Milk, Soy)

Cream of Potato (Contains: Wheat, Gluten, Milk, Soy)

**Week 4:** Minestrone (Contains: Soy, Wheat, Gluten, Milk, Eggs)

Chicken Gumbo (Contains: Soy, Mustard)

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**slice of LIFE**  
by **sodexo**\*

### **Everyday Options**

Cheese Pizza (Contains: Milk, Wheat, Gluten, Soy)

Sausage Pizza (Contains: Milk, Wheat, Soy, Gluten, MSG)

Pepperoni Pizza (Contains: Milk, Wheat, Gluten, Soy, Sulphites)

BBQ Chicken Pizza (Milk, Wheat, Soy, Gluten, Mustard, Sulphites)

Vegetable Lover's Pizza (Contains: Milk, Wheat, Soy, Gluten, Mustard)

Cheese Breadsticks (Contains: Milk, Eggs, Wheat, Gluten, Soy,)





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## **Made to Order Sandwiches and Wraps**

### **Choice of Bread**

**\*\*White, Wheat, 9-Grain Bread**

**Pretzel Bun, Kaiser Roll, Tortilla Wrap**

**\*\**(Bread may contain, Soy, Wheat, Gluten, Sesame, Dairy and is not made in house and is made in a facility that processes nuts)***

### **Choice of Fresh Sliced Deli Meats**

**Oven Roasted Turkey (No Allergens Listed), Black Forest Ham (No Allergens Listed), Slow Cooked Roast Beef (Contains: Soy),**



Salami (No Allergens Listed), Hummus (Contains: Sesame, Soy), Buffalo Chicken (Contains: Milk, Eggs, Wheat, Soy, Gluten)

BBQ Chicken (Contains: Eggs, Wheat, Soy, Gluten, Mustard, Sulphites)

### **Choice of Fresh Veggies**

Shredded Lettuce, Fresh Tomatoes, Sliced Red Onions, Fresh Spinach, Pickles, Sliced Black Olives, Pickled Jalapeno Peppers, Sliced Banana Peppers

### **Choice of Sliced Cheese**

Swiss Cheese (Contains: Milk), Mild Cheddar Cheese (Contains: Milk),  
Pepper Jack Cheese (Contains: Milk),  
Provolone Cheese (Contains: Milk), American Cheese (Contains: Milk, Soy)

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### **Sandwiches**

*\*\* (Bread may contain, Soy, Gluten, Wheat, Sesame, Dairy and is not made in house and is made in a facility that processes, nuts)*

Turkey and Cheese on Pretzel Roll (Contains: Milk, Eggs, Wheat, Soy, Gluten)

Italian Sandwich (Contains: Milk, Eggs, Wheat, Soy, Gluten)

Chicken Salad Sandwich (Contains: Milk, Eggs, Wheat, Soy, Gluten, Mustard)

Ham & Swiss on Marble Rye (Contains: Milk, Wheat, Soy, Gluten)

### **Wraps**

Buffalo Chicken (Contains: Milk, Eggs, Wheat, Soy, Gluten)

Hummus and Roasted Veggie (Contains: Wheat, Soy, Gluten, Mustard, Sesame)

Chicken Caesar (Contains: Milk, Eggs, Fish, Wheat, Soy, Gluten, Sulphites, MSG)

Caesar (Contains: Milk, Eggs, Fish, Wheat, Soy, Gluten, MSG, Mustard)

Turkey Bacon (Contains: Eggs, Wheat, Soy, Gluten)

### **Salads**

Buffalo Chicken Salad (Contains: Milk, Eggs, Wheat, Soy, Gluten, MSG)

Garden Salad (Contains: No Allergens Listed)

Chicken Caesar Salad (Contains Milk, Eggs, Wheat, Soy, Gluten, Sulphites, MSG)

Caesar Salad (Contains: Milk, Eggs, Fish, Wheat, Soy, Gluten, MSG)

Stevenson Quinoa Salad (Contains: Milk, Soy, Mustard)

### **Snacks**

Hummus & Pita Bread (Contains: Milk, Wheat, Soy, Gluten, Sesame)

Fresh Vegetable Crudités (Contains: No Allergens Listed)

Grapes & Cheese (Contains: Milk)

Fresh Fruit Cup (Contains: No Allergens Listed)

Yogurt Parfait (Contains: Milk, Gluten)

Jell-O (No Allergens Listed)

Home-Made Pasta Salad (Contains: Egg, Wheat, Soy, Gluten, Mustard)

Chocolate Pudding (Contains: Milk)



Vanilla Pudding (Contains: Milk)

Chips and Salsa (Contains: Soy)

Chips and Guacamole (Contains: Soy)

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## International Station

### Asian Bar

Lo Mein or Chow Mein Noodles (Contains: Wheat, Gluten, Soy)

Fried Rice (Contains: Wheat, Gluten, Soy, Sesame)

Ginger Rice (Contains: Wheat, Soy, Gluten)

Orange Chicken (Contains: Eggs, Wheat, Gluten, Soy)

Thai Basil Beef (Contains: Wheat, Gluten, Soy)

Sweet Fire Chicken (No Allergens Listed)

Stir Fry Fresh Vegetables (Contains: Wheat, Gluten, Soy, Sesame Seed)

Green Onion (No Allergens Listed)

Crisp Chow Mein Noodles (Contains: Wheat, Gluten)



Sesame Seeds (Contains: Sesame)

Sweet Chili Sauce (No Allergens Listed)

Teriyaki or Soy Sauce (Contains: Wheat, Gluten, Soy). (May: Contain Eggs, Fish, Milk, Tree Nuts, Peanuts, Shell Fish, Sesame.)

Plant Based Nuggets (Contains: Wheat, Gluten, Soy)

## Pasta

Pasta (Contains: Wheat, Gluten, Egg, Soy)

Marinara Sauce (No Allergens Listed)

Alfredo Sauce (Contains: Milk, Soy)

Vodka Sauce (Contains: Milk, Wheat, Gluten, Soy)

Chicken (Contains: Soy, Sulphites)

Meatballs (Contains: Milk, Wheat, Soy, Gluten)

Italian Sausage (Contains: MSG)

Parmesan Cheese Grated (Contains: Dairy)

Parmesan Cheese Shredded (Contains: Milk)

## Macaroni and Cheese

Macaroni and Cheese (Contains: Milk, Wheat, Gluten, Mustard, Soy)

BBQ Chicken (Contains: Mustard)

Broccoli (Contains: Soy)

Vegetarian Chili (Contains: Gluten, Wheat)

Bacon Bits (No Allergies Listed)

Pickled Jalapeno (No Allergies Listed)

Shredded Cheese (Contains: Milk)

Buffalo Sauce (Contains: No Allergens Listed)

French Fried Onions (Contains: Gluten, Wheat)

Fried Jalapenos (Contains: Gluten, Wheat)



Green Peppers (Contains: No Allergens Listed)

Tomatoes (Contains: No Allergens Listed)

## **Burrito Bowl**

Rice (Contains: Soy)

Chicken (Contains: Milk, Soy)

Picadillo (Contains: Soy)

Black Beans (No Allergens Listed)

Shredded Cheddar (Contains: Milk)

Corn Salsa (Contains: Soy)

Pico De Gallo (No Allergens Listed)

Sour Cream (Contains: Milk)

Red Salsa (No Allergens Listed)

Salsa Verde (No Allergens Listed)

Pickled Jalapeno (No Allergens Listed)

Guacamole (No Allergens Listed)

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## **PWC**

### **Acai Bowls:**

**With toppings: Granola (Contains: Soy, Gluten\*)  
Chia Seeds, Honey, Blueberries, Black Berries, Strawberries, Mango, Pepitas.**

### **Soup of the Day:**

**Bread Bowl or Cup**



Toppings: Sour Cream (Contains: Milk), Bacon Bits, Scallions, Cheddar Cheese (Contains: Milk)

## Salads:

Power Green Mix: Super-Greens Blend

Add Protein: Grilled Chicken (Contains: Soy)

Dressings: Balsamic Vinaigrette (Contains: Soy, Mustard), Fat Free Ranch (Contains: Milk)

## Scoop Salads:

1 scoop with choice of Naan Bites (Contains: Milk, Wheat, Soy, Gluten), or Veggies (No Allergens Listed)

2 Scoops with Naan Bites (Contains: Milk, Wheat, Soy, Gluten), and Veggies (No Allergens Listed)

Chicken Salad (Contains: Soy, Eggs, Soy, Mustard), Tuna Salad (Contains: Soy, Eggs, Fish, Mustard),

Egg Salad (Contains: Eggs, Soy, Mustard)

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## Wraps & Sandwich:

Turkey BLT Sandwich (Contains: Wheat, Gluten, Soy, Egg)

Pesto Havarti Grilled Cheese Sandwich (Contains: Wheat, Gluten, Soy, Milk)

Breakfast Croissant (Contains: Milk, Wheat, Gluten, Soy)

Vegetable Avocado Hummus Wrap (Contains: Wheat, Gluten, Soy, Mustard, Sesame)

## Pastry Puffs:



**Chicken Pot Pie (Contains: Wheat, Gluten, Soy, Milk)**

**Chicken Spinach Artichoke Puff (Contains: Milk, Wheat, Gluten, Soy)**

**Cheese Dog Puff (Contains: Milk, Wheat, Gluten, Soy)**

### **Flatbreads – Calzones:**

**Oven Roasted Tomato Basil Flatbread (Contains: Milk, Eggs, Wheat, Soy, Gluten)**

**Chicken, Turkey Bacon, Ranch Flatbread (Contains: Milk, Eggs, Wheat, Soy, Gluten)**

### **Vegetarian:**

**Vegetarian Gluten Free Pasta with Cheese. (Contains: Soy, Milk,**

### **Miscellaneous:**

**Power Bites (Contains: Allergens: Milk, Soy, Gluten)**

**Cinnamon Streusel Muffin filled with Caramel (Contains: Wheat, Soy, Eggs, Milk, Gluten)**

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### **Grab n Go:**

**Variety of Fresh Fruit Cups**

**Berry Cup**

**Yogurt Parfaits (Contains: Milk, Soy, Gluten)**

**Soy Yogurt Parfaits (Contains: Soy)**

**Protein Snack Box (Contains: Allergens: Soy, Eggs, Wheat, Gluten)**

**Antipasto Snack Box (Contains: Wheat, Gluten, Soy, Milk)**



**Turkey Pinwheel Snack Box** (Contains: Milk, Soy, Wheat, Gluten)

**Re-Energize Snack Box** (Contains: Tree Nuts, Wheat, Gluten, Soy)

**Veggies & Ranch Dip** (Contains: Milk, Eggs, Soy, Gluten, MSG)

**Cheese & Grapes** (Contains: Milk)

**Pepperoni & Cheese** (Contains: Milk, Wheat Soy, Gluten)

**Tropical Coconut Overnight Oats** (Contains: Tree Nuts, Gluten)

**Hummus & Naan Bites** (Contains: Milk, Wheat, Soy, Gluten, Sesame)

**Hummus & Veggies** (Contains: Soy, Sesame)

**Salmon Soba Noodle Bowl** (Contains: Fish, Wheat, Gluten, Soy, Sesame)

**Mediterranean Chicken Bowl** (Contains: Milk, Wheat, Gluten, Sulphites, Soy)

**Harvest Grain Bowl** (Contains: Soy, Sesame)

**Cowboy Bowl** (No Allergens listed) \*with Chicken (Contains: Milk) \*with Barbacoa (No Allergens listed)

**Power Keto Bowl** (Contains: Soy, Tree Nuts, Mustard)

### **Smoothies:**

**Green Machine Smoothie** (Contains: Milk, Gluten)

**Power Berry Smoothie** (Contains: Milk, Gluten)

**Strawberry Banana Smoothie** (Contains: Milk, Gluten)

**Pineapple Mango Smoothie** (Contains: Milk, Gluten)

### **Coffee, Tea:**

Coffee, Latte, Mocha, Americano, Hot Chocolate, Hot Tea,