Chef Station Menu

CAMBRIDGE FOOD & NUTRITION SERVICES

Monday	Tuesday	Wednesday	Thursday	Friday
Oven Fried Chicken Sweet Potato Wedges, Roasted Broccoli, Curry Roasted Cauliflower	**Taco Bar: Beef or Chicken** Roasted Peppers & Onions, Ranchero Beans, and Spanish Rice	**Pulled Pork Sandwich** Macaroni & Cheese, Roasted Butternut Squash, Sauteed Kale	**Creamy Cajun Chicken** Brown Rice, Roasted Spiced Carrots, Sauteed Spinach	**BBQ Chicken Thighs** Roasted Potatoes, Braised Collard Greens, Seasoned Corn, Corn Bread
Oven Fried Chicken Fingers Waffles, Sauteed Green Bean and Fruit Crisp	**Chicken & Cheese Tamales** Roasted Peppers & Onions, Ranchero Beans, and Spanish Rice	**Pulled Pork Sandwich** Macaroni & Cheese, Roasted Butternut Squash, Sauteed Kale	**Sweet & Sour Chicken** Rice, Roasted Zucchini and Sauteed Bok Choy	**Meatloaf** Smashed Potatoes, Braised Collard Greens, Seasoned Corn, Corn Bread
Sausage, Peppers, & Onions Sweet Potato Wedges and Roasted Broccoli	**Burrito Bowl: Beef or Chicken** Roasted Peppers & Onions, Ranchero Beans, and Spanish Rice	**Pulled Pork Sandwich** Macaroni & Cheese, Roasted Butternut Squash, Sauteed Kale	**Baked Potato Bar** Roasted Broccoli, Meat Chili, Vegetarian Chili and Cheese Sauce	**Herb Chicken** Smashed Potatoes, Sauteed Collard Greens, Seasoned Corn and Corn Bread
Oven Fried Buffalo Chicken Sweet Potato Wedges, Roasted Broccoli, Curry Roasted Cauliflower	**Chicken or Beef Quesadillas** Roasted Peppers & Onions, Ranchero Beans, and Rice	**Pulled Pork Sandwich** Macaroni & Cheese, Roasted Butternut Squash, Sauteed Kale	**Jamaican Jerk Chicken** Cilantro Lime Rice, Sauteed Carrots and Plantains	**Shepard's Pie** Seasoned Corn, Braised Collard Greens
Oven Fried Chicken Fingers Sweet Potato Wedges, Roasted Broccoli, Curry Roasted Cauliflower	**Burrito Bowl: Beef or Chicken** Roasted Peppers & Onions, Ranchero Beans, and Spanish Rice	**Pulled Pork Sandwich** Macaroni & Cheese, Roasted Butternut Squash, Sauteed Kale	**Greek Lemon Chicken** Herb Roasted Potatoes, Roasted Summer Squash and Sauted Spinach	**Turkey Dinner w/Gravy** Smashed Potato, Collard Greens, Steamed Corn,
Oven Fried Chicken Fingers Sweet Potato Wedges, Roasted Broccoli, Curry Roasted Cauliflower	**Taco Bar Beef or Chicken** Roasted Peppers & Onions, Ranchero Beans, and Spanish Rice	**Pulled Pork Sandwich** Macaroni & Cheese, Roasted Butternut Squash, Sauteed Kale	**Indian Curry Chicken** Rice, Sauteed Cabbage and Sauteed Green Beans	**Chef"s Choice: Burgers or Hot Dogs or Pizza** Oven Baked Potato Wedges and Seasoned Corn

DAILY SELECTIONS

Salad & Soup Bar
Build your own salad
Daily rotating selection of soups

Deli Station
Made to order deli sandwiches

Bistro Station
Rotating selection of hot sandwiches

FREE MEALS

A student must take at least 3 food items at each meal AND one of those items **MUST** be a fruit or vegetable.

Students can return to the salad bar for additional serving of fruits & veggies.

SEPTEMBER

S	M	T	W	TH	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

OCTOBER

S	M	T	W	TH	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NOVEMBER

S	M	T	W	TH	F	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

DECEMBER

S	M	T	W	TH	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JANUARY

S	M	T	W	TH	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

FEBRUARY

S	M	T	W	TH	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

MARCH

S	M	T	W	TH	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APRIL

S	M	T	W	TH	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY

S	M	T	W	TH	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

JUNE

S	M	T	W	TH	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				