MAINE CENTRAL INSTITUTE

Nov 1st through Nov 7th

Maine Central Institute dining services are proudly managed by CulinArt Group
Breakfast: Monday through Friday 7:00AM to 7:35AM
Lunch: Monday through Friday 10:40AM to 1:00pm
Dinner: Monday through Friday 5:00 PM to 6:30 PM
Brunch: Sunday through Saturday 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. EW EAT WELL · LS LOCALLY SOURCED · V VEGETARIAN · VG VEGAN · P+ PLANT-CENTRIC

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WAKIN' UP	Sticky Rice VG, Scrambled Eggs V, Pork Sausage Links, Meatless Sausage Patty VG						
WAKIN' UP SPECIAL	Pancake Bar VG	Cheesy Spinach Scramble V	French Toast Sticks V	Cheesy Breakfast and Egg Pizza V	Blueberry Pancakes V	French Toast V	Sausage Gravy and Biscuits
LUNCH	**Always Available:** Fresh Salad Bar, Fresh Apples, Bananas, Pears, and Oranges, 1% Milk, 1% Milk Chocolate Milk						
KETTLE SOUP		Cajun Fish Chowder EW	Beef and Vegetable Soup	Creamy Tomato Basil V	Chicken Noodle Soup EW	Chef's Choice Soup of the Day	
CHEF'S TABLE		BBQ Meatballs BBQ Veggie Meatballs V	**National Sandwich Day** Classic Italian Roast Beef, Cheddar and Horseradish Sauce	Chicken Alfredo Broccoli Alfredo V	Teriyaki Chicken Stir Fry Tofu and Vegetable Stir Fry V	Beef and Broccoli Stir Fry Tofu and Broccoli Stir Fry VG	
SIDES		Mashed Potatoes V Steamed Broccoli EW VG Roasted Vegetable Medley EW VG	Pasta Salad V Potato Salad V Coleslaw V Assorted Chips V	Penne EW VG Garlic Bread V Sauteed Spinach EW VG Roasted Butternut Squash EW VG	Steamed Rice EW VG Steamed Carrots EW VG Sauteed Greens EW VG	Steamed Rice EW VG Steamed Corn EW VG Steamed Peas EW VG	
Deli		Sliced Ham, Turkey, Chicken Salad or Tuna Salad, Lettuce, Tomatoes, Onions, Pickles, and Olives	Sliced Ham, Turkey, Chicken Salad or Tuna Salad, Lettuce, Tomatoes, Onions, Pickles, and Olives	Sliced Ham, Turkey, Chicken Salad or Tuna Salad, Lettuce, Tomatoes, Onions, Pickles, and Olives	Sliced Ham, Turkey, Chicken Salad or Tuna Salad, Lettuce, Tomatoes, Onions, Pickles, and Olives	Sliced Ham, Turkey, Chicken Salad or Tuna Salad, Lettuce, Tomatoes, Onions, Pickles, and Olives	
CITY GRILL		Spicy Chicken Quesadillas EW	Classic Egg Salad Sandwich V	Grilled Cheese Sandwich V	Stuffed Crust Pizza V	Corn Dogs	
DINNER	**Always Available:** Fresh Salad Bar and Deli, BarFresh Apples, Bananas, Pears, and Oranges, 1% Milk and Fat Free Chocolate Milk						
Deli	Sliced Ham, Turkey, Chicken Salad or Tuna Salad, Lettuce, Tomatoes, Onions, Pickles, and Olives	Sliced Ham, Turkey, Chicken Salad or Tuna Salad, Lettuce, Tomatoes, Onions, Pickles, and Olives	Sliced Ham, Turkey, Chicken Salad or Tuna Salad, Lettuce, Tomatoes, Onions, Pickles, and Olives	Sliced Ham, Turkey, Chicken Salad or Tuna Salad, Lettuce, Tomatoes, Onions, Pickles, and Olives	Sliced Ham, Turkey, Chicken Salad or Tuna Salad, Lettuce, Tomatoes, Onions, Pickles, and Olives	Sliced Ham, Turkey, Chicken Salad or Tuna Salad, Lettuce, Tomatoes, Onions, Pickles, and Olives	Sliced Ham, Turkey, Chicken Salad or Tuna Salad, Lettuce, Tomatoes, Onions, Pickles, and Olives
CHEF'S TABLE	Spaghetti with Meatballs Stuffed Shells V	Chicken Pot Pie with Biscuit Topping Vegetable Pot Pie with Biscuit Topping V	Beef Chili Mac N' Cheese Creamy Mac N' Cheese V	Garlic and Herb Crusted Pork Loin Vegetarian Baked Beans V	General Tso's Chicken and Vegetables General Tso's Tofu and Vegetables VG	Parmesan and Ritz Cracker Crusted Haddock Baked Ziti V	**Baked Potato Bar** Beef Chili, Veggie Chili, Cheese Sauce, Bacon Bits, Broccoli, Shredded Cheese, and Sour Cream on a Baked Russet Potato or Sweet Potato
SIDES	Garlic Bread V Rice Pilaf EW VG Pasta EW VG Marinara EW VG Steamed Broccoli EW VG	Steamed Rice EW VG Pasta EW VG Marinara EW VG Roasted Brussels Sprouts EW VG	Pasta EW VG Marinara EW VG White Rice EW VG Sauteed Greens EW VG	Rice EW VG Marinara EW VG Mashed Potatoes V Steamed Corn EW VG Pasta EW VG	Marinara EW VG Pasta EW VG Egg Rolls V Roasted Broccoli EW VG White Rice EW VG	Pasta EW VG Marinara EW VG Sticky Rice EW VG Steamed Corn EW VG	Pasta EW VG Marinara EW VG White Rice EW VG Sauteed Kale EW VG
CITY GRILL	Turkey Burgers French Fries VG	Pepperoni Pizza French Fries VG	Turkey and Cheddar Croissant Melt French Fries VG	Classic Hamburger French Fries VG	Crispy BBQ Ranch Chicken Sandwich French Fries VG	Hot Ham and Cheese Croissant French Fries VG	Chicken, Spinach Alfredo Pizza French Fries VG

CULINART GROUP
INNOVATIVE DINING SOLUTIONS

Cycle Menu | Week 2
MENU SUBJECT TO CHANGE
*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your chance for foodborne illness

www.hotlunchsummer.com

This School is an Equal Opportunity Provider