MAINE CENTRAL INSTITUTE

Nov 22ndt through Nov 28th

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	Turkey Sausage Breakfast Corndogs	Egg and Cheese Breakfast Sandwich V	Blueberry Pancakes VG	French Sticks 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		Loaded Baked Potato Soup			**Community Thanksgiving** Charcuterie Board and Sweet and Tangy Kielbasa		
CHEF'S TABLE		Maple Dijon Roasted Porkloin Mac N' Cheese V	No School	No School	Roasted Garlic and Herb Turkey Creamy Mac N' Cheese V	No School	
SIDES		Steamed Broccoli EW VG Roasted Vegetable Medley EW VG	Brunch and Dinner 10am-11am 5pm-6pm	Brunch and Dinner 10am-11am 5pm-6pm **Sushi Class 10:30am-12:00pm or when supplies run out**	Mashed Potatoes V Sweet Potato Casserole V Green Bean Casserole V	Brunch and Dinner 10am-11am 5pm-6pm	
Deli					Roasted Butternut Squash V Apple Sausage Stuffing		
CITY GRILL		Buffalo, and Parmesan Garlic Chicken Tenders			Warm Home-Made Dinner Rolls V Apple Pie, Blueberry Pie, and Chocolate Cream Pie V		
DINNER	**Always Available:** Fresh Salad Bar and Deli BarFresh Apples, Bananas, Pears, and Oranges 1% Milk and Fat Free Chocolate Milk						
Deli		**Friend's Giving Formal Sit Down** Assorted Appetizers					
CHEF'S TABLE	Baked Ham Potatoes Au Gratin V	Garlic Crusted Roast Beef with Gravy Cheesy Lasagna Roll Ups V	Parmesan and Ritz Cracker Crusted Haddock Stuffed Shells V			Turkey Pot Pie with Biscuit Topping Veggie Pot Pie with Biscuit Topping V	Orange Chicken Stir Fry Orange Tofu Stir Fry VG
SIDES	Rice Pilaf EW VG Pasta EW VG Marinara EW VG Steamed Broccoli EW VG	Garlic Bread V Potatoes Au Gratin V Pasta EW VG Marinara EW VG Zucchini EW VG	Pasta EW VG Marinara EW VG White Rice EW VG Steamed Green Beans EW VG		No Dinner	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	Crispy Chicken Sandwich French Fries VG	Steamed Rice EW VG Garden Salad V Denise's Famous Cheesecake V	Pepperoni Pizza French Fries VG			Classic Hamburgers French Fries VG	Chicken, Bacon Caesar Wrap 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