

WEEKLY MENU
June 08-12, 2009

networks

CAFE & CATERING

Monday - Friday
Breakfast 08:00a.m-10:30a.m

MONDAY

CHEF ENTRÉE

Rosemary Chicken Breast

- Cilantro Rice
- Fiesta Corn

HEALTH CHOICE

Curry Vegetable

Over Brown Rice

Cal: 319 Fat: 1.6 Chol: 2.0

THEME CUISINE

Extreme Greens

- Cobb Salad
- Shrimp Caesar Salad

SOUP & CHILI

Zesty Beef Chili
Split Pea

TUESDAY

CHEF ENTRÉE

Orange Glazed Chicken Breast

- Steamed Rice
- Glazed Carrots

HEALTH CHOICE

Spinach Mushroom Burrito with Tomatillo Sauce

Spanish Rice

Cal: 385 Fat: 6.6 Chol: 3.4

THEME CUISINE

Stir Fry

Chicken, Beef or Tofu With Traditional Stir Fry or Spicy Garlic Sauce

Served over Jasmine Rice

SOUP & CHILI

Zesty Beef Chili
Meatballs and Vegetables

WEDNESDAY

CHEF ENTRÉE

Pork Chops with Mushroom Sauce

- Roasted Garlic Potatoes
- Sauteed Green Beans

HEALTH CHOICE

Baked Rigatoni w/ Artichoke

With Artichoke Hearts, Mushrooms, Carrot, Spinach & Parmesan Tomato Sauce

Cal: 318 Fat: 6.0 Chol: 2.0

THEME CUISINE

Sushi by KIKKA

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SOUP & CHILI

Zesty Beef Chili
Cream of Broccoli

THURSDAY

CHEF ENTRÉE

Chicken Taquitos

- Refried Beans
- Mexican Rice

HEALTH CHOICE

Vegetarian Enchiladas

Salsa Verde and Mexican Rice

Cal: 382 Fat: 3.9 Chol: 10

THEME CUISINE

Pasta Bar

Your Choice of Chicken or Italian Sausage with Marinara, Alfredo or Basil Pesto Sauce

SOUP & CHILI

Zesty Beef Chili
White Bean and Vegetable

FRIDAY

CHEF ENTRÉE

Cajun Spiced Catfish

- Dirty Rice
- Peas and Pear Onions

HEALTH CHOICE

Mushroom Broccoli Pasta

Grilled Broccoli, Caramelized Onions, Mushrooms and Sundried Tomato Sauce.

Cal: 338 Fat: 2.9 Chol: 6.0

THEME CUISINE

Jumbo Baked Potato Bar

A Jumbo Baked Russet Prepared with Your Favorite Choice of Toppings

SOUP & CHILI

Zesty Beef Chili
New England Clam Chowder

WEEKLY SPECIALS

BREAKFAST GRILL SPECIAL

English Muffin Sandwich

Egg, Cheese and your Choice of Bacon or Sausage. Served with Fresh Seasonal Fruit and Small Orange Juice.

LUNCH GRILL SPECIAL

Chicken Caesar Sandwich Combo

Grilled Chicken Breast Topped with Parmesan Cheese and Creamy Caesar Dressing Served with French Fries

WRAP SPECIAL

The Shanghai Noodle Chicken Wrap

Chicken Breast, Crispy Noodles, Carrots, Scallions, Napa Cabbage and Sesame Peanut Sauce in a Flavored Tortilla Wrap

FOCACCIA SPECIAL

The Tuscan Turkey Panini

Turkey Breast, Sundried Tomato, Provolone Cheese and Roasted Red Pepper Mayonnaise on Focaccia Bread and Grill on our Focaccia Panini.

DAILY ITEMS

- Starbucks Coffee & Espresso Bar
- Breakfast Grill and Bakery
 - Full Salad Bar
- Special Pizza: Margarita Pizza
 - Yogurt Flavors

Monday-Wednesday: Vanilla and Chocolate

Thursday-Friday: Vanilla & Strawberry