

Chef's Station Menu

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Oven Baked Chicken Thighs Sweet Potato Wedges Roasted Garlic Broccoli Roasted Curry Cauliflower	Taco Bar: Seasoned Beef or Pulled Chicken Grilled Vegetables Red Beans and Rice Warm Tortilla or Hard Shell	Pulled Pork with Bun Macaroni and Cheese Roasted Butternut Squash Sautéed Swiss Chard	Korean Beef and Vegetables Brown Rice Sautéed Bok Choy Sweet and Sour Zucchini	BBQ Chicken and Cornbread Garlic Smashed Potatoes Braised Collard Greens Sweet Corn
2	Chicken and Waffles Warm Cinnamon Apples Sautéed Green Beans	Chicken Fajitas Spanish Rice Black Beans Roasted Peppers and Onion	Pulled Pork with Bun Macaroni and Cheese Roasted Butternut Squash Braised Kale	Tikka Masala Chicken Curry Brown Rice Roasted Cauliflower Curry Carrots	Shepard's Pie with Cornbread Braised Collard Greens Sweet Corn
3	Grain Bowls (Rice, Chicken, Beef or Vegetables) Roasted Carrots Roasted Broccoli	Taco Bar: Seasoned Beef or Chicken Red beans and Rice Warm Tortilla or Hard Shell	Pulled Pork with Bun Macaroni and Cheese Roasted Butternut Squash Braised Kale	Chicken Jambalaya Brown Rice Sautéed Green Beans and Mushrooms Roasted Carrots	Roasted Turkey Dinner with Dinner Roll Smashed Potatoes Braised Collard Greens Sweet Corn
4	Oven Baked Chicken Fingers Sweet Potato Fries Roasted Broccoli Roasted Cauliflower	Burrito Bowl Bar: Seasoned Beef or Chicken or Pork or Grilled Vegetables Spanish Rice Red Beans Roasted Peppers and Onion	Southwest Chicken Skillet Roasted Red Potatoes Green Peas and Onions	Haitian Stewed Chicken Brown Rice and Peas Plantains Sautéed Spinach	Meatloaf with Cornbread Smashed Potatoes Sautéed Collard Greens Sweet Corn
5	Buffalo Chicken Baked with Roll Smashed Sweet Potato Roasted Cauliflower Sautéed Green beans	Taco Bar: Seasoned Beef or Chicken Red beans and Rice Warm Tortilla or Hard Shell	Pulled Pork with Bun Macaroni and Cheese Roasted Butternut Squash Braised Kale	Swedish Meatballs with Gravy Mashed Potatoes Green Peas Oven Roasted Carrots	Chicken Pot Pie with Cornbread Braised Collard Greens Sweet Corn
6	Oven Roasted Chicken Fingers Sweet Potato Fries Roasted Cauliflower Roasted Broccoli	Fish Tacos Spanish Rice Grilled Vegetables Black Beans Warm Soft Tortilla	Pulled Pork with Bun Macaroni and Cheese Roasted Butternut Squash Sautéed Swiss Chard	Jamaican Jerk Chicken Cilantro-Lime Rice Roasted Peppers and Onions Plantains	Herb Roasted Chicken with Cornbread Roasted Red Potatoes Sautéed Collard Greens Sweet Corn

September 2022						
S	M	T	W	T	F	S
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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	

Week 1 Menu

October 2022						
S	M	T	W	T	F	S
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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					

Week 2 Menu

November 2022						
S	M	T	W	T	F	S
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Week 3 Menu

December 2022						
S	M	T	W	T	F	S
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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

Week 4 Menu

Week 5 Menu

Week 6 Menu

DAILY SELECTIONS:

Salad Bar
Make your own salad

Deli Station
Made to order deli sandwiches