

Menu

March 20, 2018

Tuesday

Morning Break

Coffee/Tea

Scones

Fruits

Yogurts

Lunch

Montlake Salad (V) (GF)*

Dried apples, bleu cheese, candied walnuts, grapes and dried cranberries with balsamic vinaigrette on a bed of mixed greens

Roast Beef with Cheddar Cheese

Roast beef with cheddar cheese, sliced tomato and green leaf lettuce on sourdough bread

Fresh Veggie Sandwich (V)

Shaved cucumber, provolone cheese, sliced red onion, roasted bell pepper, sliced tomato, green leaf lettuce and sun-dried tomato cream cheese on multi-grain bread

Roasted Turkey with Havarti

Roasted turkey breast with Havarti cheese, sliced tomato and green leaf lettuce on sourdough bread

Afternoon Break

Coffee/Tea

Brownies

Trail Mix*

March 21, 2018

Wednesday

Morning Break

Coffee/Tea
Cinnamon Rolls
Orange, Almond Rolls*
Apple Rolls
Bagels
Fruits

Lunch

Roasted Pacific rockfish with a sauce of sun-dried tomato, preserved lemon, and kalamata olive

Oregano-marinated chicken breast grilled with tzatziki sauce

Lemon-scented rice sprinkled with sheep's milk cheese
Seasonal fresh vegetable selection

Organic mixed greens with cucumber, tomato, and balsamic vinaigrette

Toasted pita chips with hummus and baba ghanouj

Baklava*

Coffee/Tea/Water

Afternoon Break

Coffee/Tea
Dessert bars*
Mazurka bars*

March 22, 2018

Thursday

Morning Break

Coffee/Tea
Granola Bars*
Biscotti*

Lunch

Mixed green salad
Tabbouleh salad
Italian-style pasta and vegetable salad
Thai beef noodle salad
Curried chicken-apple salad
Organic rolls with butter
Baked cookies
Soft drinks/Water.

Items are prepared in facilities that handle many common allergens including dairy, eggs, fish, nuts, shellfish, soy and wheat. Since the products used come from a variety of external vendors and sources, UW is unable to guarantee they will be 100% allergen-free.

***contain nuts or shellfish**