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| RICKER DINING FALL MENU Week 3 LUNCH Sustainable Seafood Week *2013* | | | | | | | |
|  | MONDAY | TUESDAY | **WEDNESDAY** | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|  | 10/7/13 | 10/8/13 | 10/9/13 | 10/10/13 | 10/11/13 | 10/12/13 | 10/13/13 |
| **Soups** | Turkey and Vegetable | Coconut Curry Vegetable | Chicken Noodle Soup | Tomato Basil |  |  | Chef’ Choice |
| **Lunch**  **Entrees** | 1. 1 Fish and Chips   2.Oreccheta With Spinach and Creamy Mushrooms  3. Quinoa with Cranberries  4.Roasted Broccoli  5.Sauteed Swiss Chard  6.Deli | 1.Buttermilk Fried  Chicken  2. Baked Chicken  3.Macaroni and  Cheese  4. Vegetarian  Quesadilla  5. Kamut and Kale  6. Grilled Zucchini | 1..Shrimp Banh Mi  2. Vegetarian Pasta  3. Sweet Potato Fries  4. .Brown Rice with  Black Beans  5. Roasted Beets  6. Deli | 1.Chicken Taco  2.BBQ Tofu with  Stir Fry Vegetables  3. SEAFOOD Ceviche with Tortilla Chips  4. Steamed Broccoli  5. Spanish Rice  6. Refried Beans with  Cheese  7. Grilled Cheese |  |  | Brunch  1.Chocolate Chip Pancakes  2.Scrambled Eggs  3. Scrambled eggs with ham, peppers,  and cheddar cheese  4.Grilled Italian Sausage  5.Tator Tots  6.Lemon Tofu  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Herb Roasted HALAL Chicken  Baked Potato  Vegetable  STEAMED RICE |
| **Grill** | Grass Fed Beef Burger, Grilled Chicken, Black Bean Burger, Boca Burger, Boca Burger, Fresh Cut Fries, Condiments. | | | |  |  | MYO Waffle |
| **JIT Salad** | Spinach Salad with Orange | Nicoise Salad with Grilled Wild Alaskan Salmon in a Raspberry Vinaigrette | Chicken Caesar salad | Southwest Salad |  |  | Tossed Salad |
| **Pizza Specials** | - | Pizza |  | Pizza |  |  |  |
| **Sweets** | Assorted Otis Spunkmeyer Cookies | Death By Chocolate  Angel Cake | Assorted Otis Spunkmeyer Cookies | Cake and Rice Krispies |  |  | Assorted Pastries |
| RICKER DINING FALL MENU Week 3 DINNER Sustainable Seafood Week *2013* | | | | | | | |
|  | MONDAY | TUESDAY | **WEDNESDAY** | THURSDAY |  |  | SUNDAY |
|  | 10/7/13 | 10/8/13 | 10/9/13 | 10/10/13 | 10/11/13 | 10/12/13 | 10/13/13 |
| **Soups** | Turkey and Vegetable | Coconut Curry Vegetable | Chicken Noodle Soup | Tomato Basil |  |  | Chef’ Choice |
| **Dinner**  **Entrees** | 1.Smothered Chicken with Mushrooms  2. Miso Glazed Cod  3..Spinach Alfredo Pasta  5.Roasted Spaghetti  Squash  6.Steamed Broccoli | 1.Flat Bread with Grilled Wild Alaskan Salmon  2 Meat Loaf  3.Mashed Potatoes  and Gravy  3. Vegetarian Jambalya  4.Roasted Organic Rainbow Carrots  5. Quinoa w/ Beets | 1.Huli Huli Halal Chicken   1. Seafood Paella   3. Scallion Brown Rice Cakes  4. Baby Bok Choy  5.Pasta Bar  6.Stir Fry Tofu | 1. Basa with  Curry Sauce  2. Tandoori Halala Chicken    3. Curry Vegetables  with Paneer  4. Basmati Rice  5.. Curry Lentil Stew  6. Seasoned Broccoli |  |  | 1.Slow Roasted Turkey  2. Moroccan Halal Chicken  3.Mashed Potato and Gravy  4. Spinach Roulade  5. Quinoa with Kidney Beans  6. Roasted Vegetable Medley |
| **Grill** | Grass Fed Beef Burger, Grilled Chicken, Black Bean Burger, Boca Burger, Boca Burger, Fresh Cut Fries, Condiments. | | | |  |  |  |
| **Sweets** | Strawberry Shortcake  (pound cake) | Bread Pudding | Cheesecake | Death By Chocolate |  |  | Apple Pie and Ice Cream |
| **Breads** | Dinner Rolls with Roasted Red Pepper Spread and Pesto | French Bread with Olive Oil and Balsamic | Garlic Breadsticks | Honey Butter Biscuits/ Pita Bread |  |  | Dinner Roll |