



Baker College Kitchen

Week of: 2/26/2018

Chef Verena

Lunch Menu

Monday

WILD RICE WITH BUTTERNUT SQUASH AND CRAISINS



HERB ROASTED TURKEY BREAST

PAN SEARED FLOUNDER WITH ROASTED FENNEL AND MANDARIN ORANGE



BUFFALO CAULIFLOWER



ROASTED ACORN SQUASH



PLANT- BASED TOMATO BISQUE



MARGHERITA GRILLED CHEESE



Tuesday

CREAMY CAJUN PASTA



BLACKENED CHICKEN

CORNMEAL CRUSTED CATFISH WITH MANGO SALSA



OKRA AND BROWN BUTTER GNOCCHI



RED BEANS AND RICE



HORCHATA AGUA FRESCA



CARROT AND LIME SOUP



Wednesday

CHEDDAR MASHED POTATOES



MEATLOAF WITH MUSHROOM GRAVY



LEMON PEPPER SWAI



GRILLED CAULIFLOWER STEAKS WITH GARBANZO AND TOMATO SAUCE



BUTTER PANEER WITH GRILLED NAAN BREAD



FRIED OKRA



CHICKEN AND RICE SOUP



Thursday

CARIBBEAN COCONUT RICE

MOJO ROASTED PORK



JAMAICAN JERK CHICKEN WINGS



TERIYAKI TOFU WITH CAULIFLOWER RICE



PESTO CHEESE RAVIOLI



ZUCCHINI AND ARUGULA SALAD



MUSHROOM AND THYME SOUP



Friday

SHRIMP PO'BOYS



COCONUT CHICKEN CURRY

BASMATI RICE



CAJUN SPICED JACKFRUIT CAKES



WHITE BEAN AND CARROT STEW



MINT HONEY LIMONADA



STEAK POTATO FRIES



Saturday

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Sunday

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= Vegan

= Vegetarian

= Contains Gluten

= Contains Soy

= Contains Milk

= Contains Eggs

= Contains Fish

= Contains Shellfish

= Contains Peanuts

= Contains Treenuts

Dinner Menu

Monday

MUSHROOM BARLEY PILAF



HONEY CITRUS ROASTED CHICKEN BREAST

TEMPEH AND BLACK BEAN STUFFED



POBLANOS

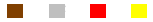
TUNA CASSEROLE



GARBANZO MASALA



TURKEY MINI CORN DOGS



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Tuesday

BROCCOLI CHEESE RICE



SLOPPY JOES



STEWED SQUASH AND CORN SUCCOTASH



SAGE RUBBED PORK LOIN

DEEP FRIED LOCAL TOFU STEAKS WITH

CREAMY GRAVY



CHICKEN TENDERS



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Wednesday

CHICKEN AND BISCUIT DUMPLINGS



HERBED BROWN RICE



ROASTED COD PROVENCAL



SPINACH AND BLACK BEAN QUESADILLAS



ROASTED VEGETABLE RATATOUILLE



CHILI CHEESE BEEF HOT DOGS



SPICY SRIRACHA POTATO CHIPS



Thursday

MEXICAN ROASTED POTATOES



CHICKEN FAJITAS



TILAPIA FISH TACOS WITH
PEACH AVOCADO SALSA



CHARRO BEANS



TEX-MEX BURRITO CASSEROLE



TEMPEH TACO MEAT



CHIPS AND QUESO



Friday

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Saturday

REAL FOOD
REVOLUTION
FARM TO FORK
DINNER

Sunday

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= Vegan

= Vegetarian

= Contains Gluten

= Contains Soy

= Contains Milk

= Contains Eggs

= Contains Fish

= Contains Shellfish

= Contains Peanuts

= Contains Tree Nuts