

ROCK CREEK

Café

Monday

Fish Chowder - Carrot Ginger Soup - Chili
Fresh Mushroom Salad
Quinoa Tabbouleh Salad
Tropical Beef Wrap
Chicken Pesto Panini
Chicken Fried Rice
Sloppy Joe
Tater Tots - Sautéed Corn

Tuesday

Sausage & Bean Soup - Butternut Squash Apple Soup - Chili
Quinoa Tabbouleh Salad
Barley Fennel Salad
Turkey Guacamole Wrap
Caprese Panini
Fried Chicken Liver, Caramelized Onions
Broccoli Cheddar Calzone
Roasted Red Potatoes - Mixed Vegetables

Wednesday

Chicken Orzo Soup - Vegetarian Pea Soup - Chili
Barley Fennel Salad
Minted Lentil, Feta Cheese Salad
Eggplant Mozzarella Panini
Cuban Pork Wrap
Shrimp Scampi
Chicken Parmesan
Spaghetti Noodles - Collard Greens

Thursday

Thai Chicken Coconut Soup - Cauliflower Parmesan Soup - Chili
Minted Lentil, Feta Cheese Salad
Citrus Rice, Almonds Salad
Chorizo, Apple, Manchego Cheese Panini
Mexican Shredded Beef Wrap
Salisbury Steak
Chimichurri Tilapia
Mashed Potatoes - Sautéed Yellow Squash

Friday

Cheddar Horseradish Soup - Chicken Noodle Soup - Chili
Citrus Rice, Almonds Salad
Arugula Peach Salad
Chicken Saltimbocca Panini
Salmon Bean Wrap
Beef Fajita
Pad Thai
Spanish Rice - Roasted Cauliflower

Week of 3/18 – 3/22
WEEK TWO