

## **Healthy Course Menu – Wednesday**

**Cajun Grilled Blue Catfish (local)**

**Chicken Breast Moroccan Style with Green Olives**

Parmesan Roasted Potatoes

Steamed Broccoli

Fresh Peas and Baby Carrots

## **Theme Bar Asian Style – Wednesday**

**Szechuan Stir Fry with Chicken**

**Marinated Beef Stir Fry**

**Tofu with Mixed Vegetable**

Jasmin Rice/Brown Rice

Baby Bok Choy

Spring Rolls and Dumplings

Ginger Scented Snap Peas

## **Comfort Food/American Classics - Wednesday**

**Garlic Roasted Chicken Wings**

**Spicy Buffalo Wings**

**Teriyaki Glazed Wings**

**Zesty BBQ Wings**

Cheesy Mac & Cheese

Baked Beans

Corn on the Cob

Hot Dessert: Peach Cobbler

## **Healthy Course Menu – Thursday**

**Honey Hoisin Pork Tenderloin**

**Mexican Chicken and Almond Cream Sauce**

Brown Rice

Roasted Corn with Fresh Cilantro

Low Fat Creamy Spinach

## **Theme Bar Italian - Thursday**

**Chicken Cacciatore**

**Eggplant Parmesan**

**Toasted Cheese Ravioli with Alfredo Sauce and Basil**

**Roasted Chicken Breast with Pappardelle with Mushroom sauce**

Zucchini and Squash

Italian Green Beans

Whole Wheat Penne with Marinara Sauce and Basil

Garlic Bread

## **Comfort Food/American Classics - Thursday**

**Airline Roasted Turkey Breast**

**Tender Pork Roast**

**Honey Glazed Ham with Pineapple Sauce**

Herb Roasted Potatoes

Steamed Baby Carrots

Creamy Mashed Potatoes and Gravy

Garlic-Roasted Brussel Sprouts

Hot Dessert: Cherry Cobbler

## **Healthy Course Menu – Friday**

**Grilled Chicken Breast with Spiced Yogurt**

**Herb Crusted Cod**

Roasted Sweet Potatoes

Green Beans with Roasted Red Peppers

Roasted Summer Squash

## **Theme Bar Mediterranean Style - Friday**

**Pita Bread/Naan Bread**

**Chicken a la Grecco**

**Chicken Gyro**

**Lamb & Beef Shawarma**

Roasted Eggplant with Chick Peas and Tomatoes

Sautéed Onions and Peppers

Wilted Spinach

Accompaniments: Tzatziki Sauce, Feta, Olives and Tomatoes

## **Comfort Food/American Classics - Friday**

**Fried Fish & Chips**

**Broiled Cod**

**Calamari Strips with Banana Peppers and Lemon Wedges**

**Steamed Mussels Deglazed with White Wine and Fresh Herbs**

**Spicy Fried Popcorn Shrimp Sambal Sauce**

Hush puppies

Roasted Roma Tomatoes

Hot Desserts: Blackberry Cobbler

**Salad Bar Hot Proteins – Monday – Friday**

Herb Marinated Grilled Chicken Breast

Herb Marinated Chicken Thighs

Fried Chicken Tenders

Grilled Steak

Buffalo Chicken Tenders