

Week 1 Moatfield Campus

Winter 2019

Monday

Tuesday

Wednesday

Thursday

Friday

ENTRÉE

Southern Baked Chicken
Mini Roast Potatoes
Cucumber Salad

ASIAN STATION

Honey Garlic Ribs
Sweet & Sour
Pineapple Chicken
Broccoli
Blackened Tofu
Cantonese Noodles

Jambalaya with Brown Rice
Chicken, Shrimp
Chorizo Sausage

THEME THURSDAY

Butter Chicken
Basmati Rice
Baby Bok Choy
Naan Bread

VEGETARIAN

Butternut Squash with kale
Empanadas

Vegetable Jambalaya

THEME THURSDAY

Vegetable Korma
Basmati Rice
Baby Bok Choy
Naan Bread

SECOND OPTION

Baked Cannelloni
Tomato Sauce
Garlic Toast

Crispy Vegetable Rolls
Cantonese Noodles

Honey Garlic
Beef Ribs
Sticky Rice
Snow Peas

THEME THURSDAY

Cheese Tortellini
Tomato Sauce
Naan Bread

DESSERTS

Fresh Cut Fruit

Apple slices with Caramel

Chocolate Mousse

Fresh Cut Fruit

Frozen Yogurt