

# Week 3 Moatfield Campus

Winter 2019

Monday

Tuesday

Wednesday

Thursday

Friday

## ENTRÉE

Sweet & Sour Meatballs  
Whole Grain Rice

**Baked Potato Bar**

Thai Beef Curry  
Glass Noodles with  
Asian Greens

Jerk Chicken  
Dirty Rice  
Grilled Roti

Cajun Salmon  
Parisienne Potatoes  
Green Beans

## VEGETARIAN

Pappardelle  
Alfredo Sauce  
Multigrain Bun

Baked Potato  
Klondike Chili  
Roast Chicken Strips  
Cheddar/Bacon Bits  
Sour Cream/Chives

Coconut Curry Tofu  
Glass Noodles

Potato & Chickpea Roti  
Multigrain Bun

Eggplant Roulade

## SECOND OPTION

Pappardelle  
Alfredo Sauce  
Multigrain Bun

Mushroom Ravioli  
Tomato Sauce  
Garlic Twists

Thai Mango Shrimp  
Glass Noodles with  
Asian Greens

3 Cheese Quiche  
Fresh Market Greens

Rigatoni Al Forno  
Garlic Toast

## DESSERTS

Fresh Cut Fruit

Apple slices with Caramel

Chocolate Mousse

Fresh Cut Fruit

Frozen Yogurt