



MOATFIELD CAMPUS SPRING MENU 2023



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
W e e k 1	Main Entrées	Baked Flax Seed Chicken Tenders Roasted Sweet Potato Steamed Broccoli Chipotle Mayo	Braised Tangy Sweet & Sour Beef Meatballs Broad Egg Noodles Roasted Heirloom Carrots	Oven Roasted Honey Garlic Chicken Steamed Jasmin Rice Sea Salt Edamame	Whole Wheat Penne Alfredo or Marinara Sauce Garlic & Cheese Bread Caprese Salad	Beef Burger & Fries Ketchup, Mustard, Mayo, Lettuce, Tomato & Pickles Steak Cut Fries Coleslaw
	Alternative	Quiche Florentine Garden Salad	Potato Gnocchi with Spinach & Roasted Mushrooms in a Parmesan Cream Sauce	Veggie Spring Rolls Stir-Fried Rice Noodles with Mixed Vegetables & Crispy Tofu	Herb Roasted Chicken Breast Grilled Spring Vegetables	Honey Mustard Salmon Garlic Confit Broccolini
	Dessert *	Fresh Cut Fruit	Fresh Cut Fruit	Fresh Cut Fruit	Fresh Cut Fruit	Frozen Yogurt

* Assortment of vegetable salads are prepared daily *

* Self-serve deli bar is available daily *

* Fresh fruit is always available *

* Homemade soup prepared daily *





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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W e e k 2	Main Entrées	(build your personal pizza) Five Cheese Pizza Choice of: Pepperoni, Mushroom, Roasted Onions & Bacon Kale Caesar Salad	Butter Chicken Steamed Basmati Rice Roasted Cauliflower Green Peas Naan Bread	Whole Wheat Spaghetti Tomato & Basil Sauce Grated Parmesan Crispy Green Beans Garlic Bread	Baked Sole Filet Canadian Potato Wedges Steamed Broccoli Tartar Sauce Lemon Wedges	Baked Pineapple Chicken Lo-Mein Noodles Chop Suey Vegetables Fortune Cookies
	Alternative	Italian Braised Chicken with Tomatoes & Olives Mushroom Risotto	Matar Paneer Steamed Basmati Rice Naan Bread Cucumber Riata	Herb Roasted Pork Loin Roasted Mini Potatoes Creamy Mushroom & Shallot Sauce	Baked Vegetable "Meatballs" Baked Mixed Grains Pico De Gallo Fresh Herbs	Sweet Crispy Tofu Kimchi Fried Rice
	Dessert *	Fresh Cut Fruit	Fresh Cut Fruit	Fresh Cut Fruit	Fresh Cut Fruit	Frozen Yogurt

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* Fresh fruit is always available *

* Homemade soup prepared daily *





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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
W e e k 3	Main Entrées	Greek Chicken Souvlaki Roasted Potato Hash Roasted Mediterranean Vegetables Pita Bread	Beef Teriyaki Coconut Rice Baby Bok Choy	Applewood Smoked Cheddar Whole Wheat Mac n' Cheese Steamed Broccoli	Turkey Tacos on Tortillas Salsa, Guacamole, Sour Cream, Cheese, Shredded Lettuce & Tortilla Crisps Steamed Green Beans	Southern Style Chicken Mashed Potatoes Glazed Corn White Pepper Gravy
	Alternative	Spanakopita Greek Salad Tzatziki Sauce	Eggplant Parmesan Lemony Tuscan White Bean Dip Grilled Broccolini	Piri-Piri Salmon Wild Rice & Wilted Green Pilaf	Gallo Pinto (Costa Rican Beans & Rice) Roasted Plantains	BBQ Pork Ribs Tri-Colour Slaw Smoky BBQ Sauce
	Dessert *	Fresh Cut Fruit	Fresh Cut Fruit	Fresh Cut Fruit	Fresh Cut Fruit	Frozen Yogurt

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* Self-serve deli bar is available daily *

* Fresh fruit is always available *

* Homemade soup prepared daily *

