



# MOATFIELD CAMPUS SPRING MENU 2023



|                                       | MONDAY              | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |   |
|---------------------------------------|---------------------|--|--|--|---|---|
| <b>W<br/>e<br/>e<br/>k<br/><br/>1</b> | <b>Main Entrées</b> | Baked Flax Seed Chicken Tenders<br>Roasted Sweet Potato<br>Steamed Broccoli<br>Chipotle Mayo | Braised Tangy Sweet & Sour Beef Meatballs<br>Broad Egg Noodles<br>Roasted Heirloom Carrots | Oven Roasted Honey Garlic Chicken<br>Steamed Jasmin Rice<br>Sea Salt Edamame       | Whole Wheat Penne Alfredo or Marinara Sauce<br>Garlic & Cheese Bread<br>Caprese Salad | Beef Burger & Fries<br>Ketchup, Mustard, Mayo, Lettuce, Tomato & Pickles<br>Steak Cut Fries<br>Coleslaw |
|                                       | <b>Alternative</b>  | Quiche Florentine<br>Garden Salad  | Potato Gnocchi with Spinach & Roasted Mushrooms in a Parmesan Cream Sauce                  | Veggie Spring Rolls<br>Stir-Fried Rice Noodles with Mixed Vegetables & Crispy Tofu | Herb Roasted Chicken Breast<br>Grilled Spring Vegetables                              | Honey Mustard Salmon<br>Garlic Confit Broccolini  |
|                                       | <b>Power Bowl</b>   | Turkey Bacon Club Bowl   | Chicken Caesar Bowl  | Salmon & Winter Vegetable Bowl   | Bahn Mi Steak Bowl  | Green Curry Seafood Buddah Bowl   |

\* Assortment of vegetable salads are prepared daily \*

\* Self-serve deli bar is available daily \*

\* Fresh fruit is always available \*

\* Homemade soup prepared daily \*





## MOATFIELD CAMPUS SPRING MENU 2023



|        |                     | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--------|---------------------|--|--|---|---|--|
| Week 2 | <b>Main Entrées</b> | (build your personal pizza)<br><b>Five Cheese Pizza</b><br>Choice of: Pepperoni,<br>Mushroom, Roasted Onions<br>& Bacon<br>Kale Caesar Salad | <b>Butter Chicken</b><br>Steamed Basmati Rice<br>Roasted Cauliflower<br>Green Peas<br>Naan Bread | <b>Whole Wheat Spaghetti</b><br>Tomato & Basil Sauce<br>Grated Parmesan<br>Crispy Green Beans<br>Garlic Bread | <b>Baked Sole Filet</b><br>Canadian Potato Wedges<br>Steamed Broccoli<br>Tartar Sauce<br>Lemon Wedges | <b>Baked Pineapple Chicken</b><br>Lo-Mein Noodles<br>Chop Suey Vegetables<br>Fortune Cookies |
|        | <b>Alternative</b>  | Italian Braised Chicken with<br>Tomatoes & Olives<br>Mushroom Risotto  | <b>Matar Paneer</b><br>Steamed Basmati Rice<br>Naan Bread<br>Cucumber Riata                      | <b>Herb Roasted Pork Loin</b><br>Roasted Mini Potatoes<br>Creamy Mushroom & Shallot<br>Sauce                  | <b>Baked Vegetable "Meatballs"</b><br>Baked Mixed Grains<br>Pico De Gallo<br>Fresh Herbs              | <b>Sweet Crispy Tofu</b><br>Kimchi Fried Rice  |
|        | <b>Power Bowl</b>   | Chipotle Shrimp Bowl   | Salmon Poke Bowl   | Harvest Chicken Bowl  | Bibimbap Beef Bowl  | Chicken Satay<br>Buddah Bowl   |

\* Assortment of vegetable salads are prepared daily \*

\* Self-serve deli bar is available daily \*

\* Fresh fruit is always available \*

\* Homemade soup prepared daily \*





# MOATFIELD CAMPUS SPRING MENU 2023



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

\* Assortment of vegetable salads are prepared daily \*

\* Self-serve deli bar is available daily \*

\* Fresh fruit is always available \*

\* Homemade soup prepared daily \*

