

January

Dinner Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
			Mandarin Chicken Salad w/ Soy Lime Dressing	Wild Mushroom Risotto w/ Grilled Prawns & Asparagus
6	7	8	9	10
Crispy Buffalo Chicken Wrap	Chicken Fajitas w/ Handmade Tortillas Over Refried Beans and Spanish Rice	Teriyaki Pork Ribs over Rice and Stir Fried Vegetables	Seared Ahi Tuna Nicoise Salad	Grilled Chicken Agro Dolce w/ Roasted Fingerling Potatoes & Sautéed Green Beans
13	14	15	16	17
Albacore Tuna, Heirloom Tomato, Avocado, Cucumber Wrap	Crispy Coconut Chicken Served over Rice and Asparagus	Chicken Chowmein w/ Stir Fried Vegetables	Blackened Salmon Caesar Salad	Medi Plate: Fresh Pita, Hummus, Falafel, Tabbouleh, Cucumber Feta Salad
20	21	22	23	24
Chicken Curry Salad Wrap	Dover Sole w/ Chimichurri Sauce, Couscous & Steamed Seasonal Vegetables	Carolina Style Bbq Beef Brisket w/ White Cheddar Mac and Cheese and Coleslaw	Mediterranean Salad w/ Grilled Marinated Chicken	Crispy General Tso Chicken Over Rice and Broccoli
27	28	29	30	31
Turkey, Bacon, Avocado Club Wrap	Verde Chicken Enchaladas w/ Pico De Gallo, Guacamole and Crema	Lamb Meatloaf w/ Roasted Sweet Potatoes & Braised Kale	Grilled Chicken Cobb Salad	Teriyaki Salmon w/ Pineapple Salsa Over Rice and Asparagus

**gluten free

