

UCC PREP FALL MENU 2016

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	<p>Panko parmesan crusted salmon</p> <p>Three cheese whole wheat macaroni and cheese</p> <p>Roasted brussels sprouts with bell peppers</p>	<p>Mild jerk chicken</p> <p>Caribbean red beans and rice</p> <p>Spinach and mushroom frittata</p> <p>Fresh seasonal vegetables</p>	<p>Grilled Italian sausage with sautéed peppers and onions on a whole wheat bun</p> <p>Spicy potato wedges</p> <p>Tomato basil pasta</p> <p>Sauteed green beans w/ cherry tomatoes</p>	<p>BBQ boneless chicken thighs</p> <p>Mashed potatoes w/ gravy</p> <p>Quinoa, beans and vegetables</p> <p>Fresh seasonal vegetables</p>	<p>Chili con carne</p> <p>Six bean vegetable chili</p> <p>Whole grain rice</p> <p>House made cornbread</p> <p>Steamed broccoli</p>
Dessert	Frozen yogurt	House made cookies	Fresh cut fruit	House made cake	chefs choice

Available daily: House made soup of the day, salad bar including fresh cut vegetables, tossed salad & our daily special salad. Fresh fruit, pre-made sandwiches, house roasted sandwich meat & yogurt. Also, 100% fruit juices, 2% & chocolate milk.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 2	Creole cod Chicken or vegetarian jambalaya Tomato, zucchini and okra stew	Theme Day	Sweet and spicy chicken Tofu fried rice Asian style stir fried vegetables	Baked beef and cheese pasta Vegetarian penne casserole Cheesy whole wheat bruscetta	Indian garlic chicken with pineapple Jasmine rice Potato and chick pea curry Naan bread Steamed peas
Dessert	Fresh cut fruit	Theme dessert	House made cookies	House made cake	Chefs choice

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Week 3	Kickin chicken pasta Cheese ravioli with sun-dried tomato pesto sauce Grilled vegetable and feta cheese whole wheat wrap Fresh vegetables	Beef tacos Mexican rice Vegetable and bean burrito Fresh vegetables	Haddock Provencal Cheese or vegetarian whole wheat pizza Broccoli and cauliflower	Beef Stroganoff Egg noodles Three bean ragout House made buttermilk biscuits Honey glazed baby carrots	Red Thai curry chicken Coconut rice Vegetarian Pad Thai Baby bok choy stir fry
Dessert	House made granola bars	House made cookies	Fresh cut fruit	House made cake	Chefs choice

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