

LUNCH MENU FOR THE MONTH OF MAY 2017

Week 1	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun									
Mon 01.05.2017	Caribbean sweet potato soup	Grilled Garlic & Oregano Chicken w/ Mushroom Sauce	Steamed Vegetable	Baked Penne Pasta w/ Greek Vegetable	Beef Steak w/ Dijon Cream Sauce		Chimichurri Grilled Fish	Roast Potato	White Rice
			Cabbage Mutter Masala						Chapatti
Tue 02.05.2017	Thai Pumpkin Soup	<u>Tuesday's Wrap Up</u> Grilled Chicken Wrap	Grilled Vegetable	Pasta Formaggio	Pot Roast Beef w/ Gravy	Chicken Tarragon w/ Mushroom	Grilled Fish Meuniere	Oven Baked Potato Wedges	White Rice
			Chandni Vegetable Korma						
Wed 03.05.2017 Polish Theme Day	Minestrone Soup	Grilled Chicken Reuben	Steamed Vegetable	Polish Pasta and Cabbage	Polish Beef Roulade (zrazy)		Healthy Baked Fish Pierogi	Mashed Potato w/ Sauté Beetroot	White Rice
		Vegetable Makhani							
Thu 04.05.2017	Cream of Spinach Soup		Roast Vegetable	Pasta Puttanesca w/ Feta Cheese Crumble	Stir Fry Lamb w/ Onion & Pepper	Chicken Biryani	Fish Blanquette	Cajun roast Potato	White Rice
			Aloo Gobi Masala						

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Week 2	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 07.05.2017	Summer Vegetable Soup		Steamed Vegetables	Beef Lasagne	Koussa Bil Ablama w/ Tomato Sauce	Chicken Yakitori	Grilled Fish w/ Lemon Cilantro & Cumin	Mashed Potato	White Rice
			Mushroom Methi Mutter						
Mon (MEATLESS) 08.05.2017	Potato & Leek Soup		Roast Vegetables	Pasta Alfredo w/ Sundried Tomato & Veggies	Beef Stroganoff	Chicken Cacciatore	Fish Goujons w/ Light Tartar Sauce	B.B.Q Potato	White Rice
			Aloo Baingan Salon						Chapatti
Tue 09.05.2017	Roasted Tomato & Mint Soup	<u>Tuesday's Wrap Up</u> Grilled Chicken Wrap	Grilled Vegetables	Stir-fry Garlic Noodles	Chinese Braised Beef w/ Bok Choy	Creamy Italian Chicken	Lemon & Orange Zest Grilled Fish in Chive Sauce	Sauté Slice Potato	White Rice
	Bhindi Kurmuri								
Wed 10.05.2017 Paraguay Theme Day	Chicken & Garlic mint Soup		Steamed Vegetables	Paraguayan Pasta w/ Mushroom	Awesome Pan de Carne (meat loaf)		Guiso de Pescado (Fish Stew)	Parsley Potato	White Rice
			Aloo Karela						Pollo con arroz (chicken with rice)
Thu 11.05.2017	Broccoli Florentine soup		Sautéed Vegetables	Pasta w/ Oats Bolognaise	Beef Bourguinon	Chicken Tikka Biryani	Mediterranean Baked fish	Garlic Rosemary Roast Potato	White Rice
			Vegetable Kootu Curry						

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Week 3	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 14.05.2017	French Onion Soup		Steamed Vegetable	Beef Lasagne	Kebbeh Bil Laban	Creamy Tuscan Grilled Chicken	Baked Fish Fennel Saffron Sauce	Roast Potato	White Rice
			Vegetable Kolapuri						
Mon (MEATLESS) 15.05.2017	Fall Vegetable Quinoa Soup		Grilled Vegetables	Penne w/ Roasted Asparagus & Tomato	Beef Steak Fajita w/Mango Salsa	Chicken Supreme w/ Baby Corn & Asparagus	Pan-fry Fish w/ Lemon Sauce	Tex-Mex Potato Wedges	White Rice
			Aloo Mutter Masala						Chapatti
Tue 16.05.2017	Butternut Squash Soup	Mozzarella Chicken w/ Tomato sauce	Sautéed Vegetables	Vegetable Chow Mein	Beef Paprika w/ Roasted Pepper	<u>Tuesday's Wrap Up</u> Chicken Fajitas Wrap	Pan-fry Fish w/ Leek Veloute	Brown Butter Mashed Potato	White Rice
			Harra Chana Masala						
Wed 17.05.2017 Norway Theme Day	Carrot & Coriander Soup		Roast Vegetables	Pasta with Mushroom and Fennel	Jottkaker-A rival (Swedish meatballs)	Chicken Braised w/ Dried Fruit	Crispy Baked Salmon Nuggets	Norwegian potato mushroom Baked	White Rice
			Aloo Beans Bhaji						
Thu 18.05.2017	Roasted Vegetable Soup		Steamed Vegetable	Fettuccini Pasta A la Ratatouille	Beef Emence w/ Mushroom Sauce	Chicken Biryani	Mexican baked Fish w/ Tomato Salsa	Cowboy Potato	White Rice
			Avial Curry						

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Week 4	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 21.05.2017	Chicken Chinese Ginger Soup		Steamed Vegetable	Beef Lasagne		Chicken Piccata w/ Lemon Sauce	Sweet and Sour Fish	Croquette Potato	White Rice
			Aloo Bhaigan						
Mon (MEATLESS) 22.05.2017	New England Chowder Soup		Roasted Vegetable	Shell Pasta Primavera	Braised Beef w/ Pearl Onion & Mushroom	Avocado Caprese Skillet Chicken	Baked Fish in Herb Crust w/ Tomato Sauce	Lyonnaisse potato	White Rice
			Padi Chana Masala						Chapatti
Tue 23.05.2017	Provençal Soup	<u>Tuesday's Wrap Up</u> Grilled Chicken Wrap	Grilled Vegetable	Pasta w/ Roast Vegetable & Cream Sauce	Salisbury Steak w/ Onion Sauce	Baked parmesan chicken w/ Pizzaiola Sauce	Tex-Mex Grilled Fish w/ Tangy Tomato Chutney	Greek Style Roast Potato	White Rice
	Vegetable Jalfrezi								
Wed Bermuda Theme Day 24.05.2017	Green Lentil and Spinach Soup		Sauté Vegetable	Taccozzete Pasta w/ Mushroom, Parsley, Garlic & Thyme	Bermuda Stewed Beef with Butter Beans	Bermuda Jerk Chicken	Cod Fish Cakes	Mashed Potato	White Rice
			Paneer Mushroom Masala						Avocado Pilaf Rice
Thu 25.05.2017	Cream of Asparagus Soup		Steamed Vegetables	Penne w/ Beans and Pumpkin in Tomato Sauce	American Meatballs w/ Red sauce	Chicken Tikka Biryani	Grilled Fish Ala Plancha	Potato w/ Onion	White Rice
			Aloo Palak						

