



# KNOW YOUR COLORS

**GREEN**

*Good choice! Eat plenty of these foods.*

**YELLOW**

*Eat these foods in moderation.*

**RED**

*Rarely eat these foods.*

## Creekside Café

Week of March 11<sup>th</sup> - 22<sup>nd</sup>

### Monday

**BREAKFAST:** BANANAS FOSTER FRENCH TOAST  
**SOUPS:** VEGAN SPLIT PEA - ROASTED VEGETABLE  
**ENTREES:** ROASTED VEGETABLE QUINOA CAKES  
**SIDES:** ROASTED ASPARAGUS WITH TOMATOES - SAUTÉED SUPER GREENS  
SWEET PEA BASMATI RICE - ROASTED FINGERLING POTATOES  
**CHEF'S FEATURE:** BUILD YOUR OWN PASTA BAR  
**GRILL:** MUSHROOM SOURDOUGH MELT

### Tuesday

**BREAKFAST:** WHOLE GRAIN PECAN PANCAKES  
**SOUPS:** TASTES LIKE LASAGNA - CHICKEN FAJITA  
**ENTREES:** CHIPOTLE ORANGE CHICKEN - HONEY GARLIC SALMON  
**SIDES:** SWEET POTATO CAULIFLOWER MASH - FLAME ROASTED CORN  
SPANISH RICE - ROASTED BRUSSELS SPROUTS W/ CRANBERRIES  
**CHEF'S FEATURE:** THAI PEANUT CHICKEN  
**GRILL:** FRENCH DIP SANDWICH

### Wednesday

**BREAKFAST:** BREAKFAST BURRITO  
(MADE TO ORDER OMELETS AT CHEF'S FEATURE STATION)  
**SOUPS:** MEDITERRANEAN VEGETABLE - CHICKEN AND DUMPLING  
**ENTREES:** LEMON PARMESAN COD W/ GARLIC BUTTER -  
ROASTED TOMATO/PESTO CHICKEN BREAST  
**SIDES:** RAINBOW CARROTS - ROASTED SQUASH W/ BELL PEPPERS  
ROASTED RED POTATOES W/ THYME - CAULIFLOWER RISOTTO  
**CHEF'S FEATURE:** BLACKBERRY CHICKEN SALAD  
**GRILL:** BLACK BEAN BURGER W/ MANGO SALSA



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## Thursday

BREAKFAST:	<b>BREAKFAST CASSEROLE</b>
SOUPS:	<b>CHICKEN CHILI VERDE – BEEF BARLEY</b>
ENTREES:	<b>ASPARAGUS STUFFED TURKEY BREAST</b> <b>SHRIMP AND CHICKEN PAELLA</b>
SIDES:	<b>CARAMELIZED ONION &amp; GARLIC POTATOES – ROASTED PLANTAINS</b> <b>GARDEN BLEND VEGETABLES – SAUTÉED SPINACH AND GRAPE TOMATOES</b>
CHEF'S FEATURE:	<b>CHICKEN BACON RANCH WRAP</b>
GRILL:	<b>MEMPHIS STYLE BRISKET SANDWICH</b>

## Friday

BREAKFAST:	<b>MIXED BERRY WAFFLE</b>
SOUPS:	<b>TOMATO – CHEESEBURGER CHOWDER</b>
ENTREES:	<b>BACON BOURBON BBQ SALMON</b> <b>GRILLED CHICKEN PARMESAN</b>
SIDES:	<b>TRI COLOR CAULIFLOWER – HONEY ROASTED RED POTATOES</b> <b>ZUCCHINI AND TOMATO AL FORNO - WHOLE GRAIN ROTINI</b>
CHEF'S FEATURE:	<b>ARGENTINE RED SHRIMP SALAD</b>
GRILL:	<b>GRILLED THREE CHEESE SANDWICH</b>

***Hours of Operation: Monday through Sunday 6:30 a.m. to 6:30 p.m.***

***Weekday Grill Hours: 6:30 a.m. to 10:00 a.m.; 11:00 a.m. to 1:30 p.m.; 4:30 p.m. to 6:30 p.m.***

***Weekend Grill Hours: Limited hot items available***

***Food Service Operations Supervisor: Rich Nimkie***  
***Nutrition and Food Service Director: Donna Van Buren***



## Creekside Café

### Monday

BREAKFAST:	WHOLE GRAIN CHOCOLATE CHIP PANCAKES
SOUPS:	DUCHESS CHEESE - ITALIAN TORTELLINI
ENTREES:	MUSHROOM RAVIOLI W/ ZUCCHINI BLUSH SAUCE TEX MEX ROASTED CORN ENCHILADA BAKE
SIDES:	FIESTA POTATOES- REFRIED BLACK BEANS POBLANO CHILI CORN BREAD MUFFIN - ITALIAN STYLE GREEN BEANS
CHEF'S FEATURE:	WATERMELON AND FETA SALAD
GRILL:	GRILLED PORTOBELLO AND PEPPER SANDWICH

### Tuesday

BREAKFAST:	HAM AND VEGGIE STRATA
SOUPS:	CHICKEN NOODLE - BEEF VEGETABLE
ENTREES:	CAPRESE CHICKEN W/ BALSAMIC GLAZE SHRIMP AND ASPARAGUS SEA BASS
SIDES:	TRI COLORED VEGETABLE COUSCOUS - ORANGE GLAZED BEETS KALE AND POTATO GRATIN - FRESH STEAMED BROCCOLI
CHEF'S FEATURE:	BOURBON STREET CHICKEN FAJITA
GRILL:	SLOPPY JOE SANDWICH

### Wednesday

BREAKFAST:	STRAWBERRY WAFFLE (MADE TO ORDER OMELETS AT CHEF'S FEATURE STATION)
SOUPS:	STUFFED GREEN PEPPER - WHITE CHICKEN CHILI
ENTREES:	SMOTHERED CHICKEN BREAST - VEGETABLE LASAGNA
SIDES:	GARLIC MOZZARELLA CIABATTA - WILD RICE BAKED POTATO WEDGES - GARDEN BLEND VEGETABLES
CHEF'S FEATURE:	MEDITERRANEAN STEAK SALAD
GRILL:	CALIFORNIA TURKEY BURGER



## Thursday

**BREAKFAST:** ROASTED PEPPER EGG, AND SWISS ON SOURDOUGH  
**SOUPS:** CHEESY ASPARAGUS - LOUISIANA GUMBO  
**ENTREES:** HONEY CASHEW SALMON  
 CHIMICHURRI FLANK STEAK  
**SIDES:** FIRE ROASTED TOMATO PILAF - GARLIC ROASTED RED POTATOES  
 WHOLE GREEN BEANS - SAUTÉED YELLOW SQUASH W/ PEPPERS  
**CHEF'S FEATURE:** TACO SALAD BOWL  
**GRILL:** GRILLED CHICKEN PARMESAN SANDWICH

## Friday

**BREAKFAST:** ROAST BEEF HASH  
**SOUPS:** CLAM CHOWDER - MINESTRONE  
**ENTREES:** POT ROAST - POTATO CHEDDAR CRUSTED COD  
**SIDES:** YUKON GOLD MASHED POTATOES - ROASTED CARROTS  
 BRAISED CABBAGE - MUSHROOMS W/ BROCCOLI AND WALNUTS  
**CHEF'S FEATURE:** CHICKEN CAESAR SALAD  
**GRILL:** MONTEREY CHICKEN SANDWICH

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