



# KNOW YOUR COLORS

**GREEN**

*Good choice! Eat plenty of these foods.*

**YELLOW**

*Eat these foods in moderation.*

**RED**

*Rarely eat these foods.*

## Creekside Café

Weeks of June 10<sup>th</sup> - 21<sup>st</sup>

### Monday

**BREAKFAST:** ROASTED PEPPER, EGG AND SWISS ON MULTIGRAIN BREAD  
**SOUPS:** VEGETABLE BARLEY - CHEESY VEGETABLE  
**ENTREES:** SMOKED GOUDA POLENTA W/ MUSHROOMS  
ROASTED ARTICHOKE AND TOMATO PASTA  
**SIDES:** SWEET POTATO QUINOA CAKES - MULTI COLOR CAULIFLOWER  
BAKED SQUASH SHAKSHUKA - FARRO W/ HEIRLOOM BEANS AND GREENS  
**CHEF'S FEATURE:** SPICY CAULIFLOWER WRAP  
**GRILL:** THREE GRAIN BURGER

### Tuesday

**BREAKFAST:** BREAKFAST BURRITO  
**SOUPS:** FRENCH ONION - CHICKEN & BLACK BEAN CHILI  
**ENTREES:** GREEK STYLE POLLOCK - BEEF LONDON BROIL  
**SIDES:** MEDITERRANEAN ORZO PILAF - WHOLE GREEN BEANS  
SOUR CREAM CHIVE MASHED - ZUCCHINI W/ BLISTERED TOMATO  
**CHEF'S FEATURE:** GENERAL TSO CHICKEN  
**GRILL:** SHREDDED TURKEY SANDWICH

### Wednesday

**BREAKFAST:** CINNAMON RAISIN BREAD FRENCH TOAST  
(MADE TO ORDER OMELETS-CHEF'S FEATURE STATION)  
**SOUPS:** TURKEY WILD RICE - RED POTATO CHEDDAR  
**ENTREES:** MEAT LASAGNA - TERIYAKI GLAZED SALMON  
**SIDES:** MIRIN GLAZED CARROTS AND SNOW PEAS - STIR FRIED RED RICE  
SAUTÉED SPINACH WITH WALNUTS - PARMESAN GARLIC TELERA ROLL  
**CHEF'S FEATURE:** STRAWBERRY CHICKEN SALAD  
**GRILL:** SMOKED BBQ PULLED CHICKEN SANDWICH



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## Thursday

BREAKFAST:	BLUEBERRY CREAM CHEESE STRATA
SOUPS:	CHICKEN DUMPLING - BEEF NOODLE
ENTREES:	BUTTER CHICKEN CURRY - POT ROAST
SIDES:	TUXEDO BARLEY PILAF - FRESH MASHED POTATO ROASTED CARROTS - FLAME GRILLED ASPARAGUS
CHEF'S FEATURE:	CORONA BATTERED SHRIMP TACOS DEL MAR
GRILL:	TURKEY BURGER W/ RED-HOT BLEU CHEESE

## Friday

BREAKFAST:	BREAKFAST CASSEROLE
SOUPS:	TOMATO BASIL - BEEF MUSHROOM BARLEY
ENTREES:	SWEET POTATO MAC & CHEESE MAPLE CHIPOTLE GLAZED SALMON
SIDES:	SAUTÉED BRUSSELS W/ KOHLRABI - CAJUN SPICED POTATO WEDGES BROCCOLI CAULIFLOWER GRATIN - SUNSHINE BEANS AND CARROTS
CHEF'S FEATURE:	BBQ CHICKEN AND GRILLED ZUCCHINI SALAD
GRILL:	VEGGIE STUFFED GRILLED CHEESE

*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*



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## Creekside Café

### Monday

**BREAKFAST:** BANANA PECAN WHOLE GRAIN PANCAKES  
**SOUPS:** POTATO AND CORN CHOWDER – VEGAN LENTIL  
**ENTREES:** STUFFED PASTA W/ VEGETABLE RAGU  
FARRO FRIED “RICE”  
**SIDES:** BROCCOLI & CAULIFLOWER FLORETS-CHICKPEA CHILI  
ROASTED MUSHROOMS – ROASTED GREEN BEANS  
**CHEF’S FEATURE:** BYO BAKED POTATO BAR  
**GRILL:** GRILLED CHEESE AND TOMATO ON SPROUTED GRAIN WHEAT

### Tuesday

**BREAKFAST:** BREAKFAST OMELET PANINI  
**SOUPS:** CHICKEN ENCHILADA – ITALIAN WEDDING  
**ENTREES:** BLACKENED SALMON W/ PINEAPPLE SALSA  
APPLE RAISIN STUFFED PORK LOIN  
**SIDES:** MALIBU BLEND – ROASTED CAULIFLOWER W/ TOMATOES  
GARLIC AND HERB VEGETABLE PENNE – FRESH MASHED POTATOES  
**CHEF’S FEATURE:** CHICKEN SHWARMA W/ TABBIOLEH  
**GRILL:** TEX MEX BARBACOA

### Wednesday

**BREAKFAST:** BLUEBERRY WAFFLE  
(MADE TO ORDER OMELETS AT CHEF’S FEATURE STATION)  
**SOUPS:** WISCONSIN CHILI – BROCCOLI CHEESE  
**ENTREES:** SALISBURY STEAK  
CHEDDAR AND HERB CRUSTED COD  
**SIDES:** ROASTED SUMMER SQUASH – PEAS AND CARROTS  
WHITE CHEDDAR SCALLION DUCHESS POTATO  
MUSHROOM RED RICE PILAF  
**CHEF’S FEATURE:** GRILLED CHICKEN AND SPINACH PASTA SALAD  
**GRILL:** PHILLY BEEF SANDWICH



## Thursday

BREAKFAST:	BREAKFAST HASH
SOUPS:	OLD FASHIONED HAM WITH BEAN - CHICKEN POT PIE
ENTREES:	CHILI LIME TORTILLA POLLOCK PULLED PORK STUFFED SWEET POTATO
SIDES:	SWEET CHILI BRUSSELS SPROUTS - MEXICAN STREET CORN- BLACK BEAN COUSCOUS- BRAISED MIXED GREENS-
CHEF'S FEATURE:	SWEET AND SOUR CHICKEN BOWL
GRILL:	CHIMICHURRI CHICKEN SANDWICH

## Friday

BREAKFAST:	APPLE CINNAMON RAISIN FRENCH TOAST
SOUPS:	NEW ENGLAND CLAM CHOWDER - CHICKEN NOODLE
ENTREES:	WEST COAST BAKED SALMON VEGETABLE LASAGNA
SIDES:	ROASTED FRESH CALIFORNIA BLEND - ITALIAN STYLE GREEN BEANS HEARTY GRAINS W/ KALE - PARMESAN GARLIC TELERA ROLL
CHEF'S FEATURE:	GRILLED GINGER SESAME CHICKEN SALAD
GRILL:	BAKED BATTERED COD SANDWICH

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