



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 July 9th

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

Friday

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

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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Week of July 16th

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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