

Wednesday Night Dinner Sample Menus

Menus:

1/9/19-Grilled barbeque chicken, grilled Korean barbecue tofu, roasted vegetables, winter salad, fruit, hearty bread, dessert

Christmas Break

12/12/18-Creole chicken, vegetarian creole soy chicken and sausage, basmati rice, Carolina greens, pickled okra, spoon bread, fruit, chocolate chip cookie bars, cappuccino fudge bars

12/5/18-Pulled Pork BBQ, Veggie BBQ, baked beans, Carolina slaw, vinaigrette slaw, cucumber salad, hush puppies, fruit, Christmas cookie treats

11/28/18-Pozole Verde, vegan Pozole verde, basmati rice, jicama slaw, black bean mango salad, Mexican cheese and chili spoon bread, fruit, brownies & ice cream

11/21/18-No Dinner/Program (Thanksgiving)

11/14/18-Honduran Chicken Tamales, vegetarian Honduran bean tamales, Honduran slaw, Honduran coconut rice, Bean and corn salads, tortillas, fruit, dessert

11/7/18-Moroccan Chicken (vegetarian option), tabouli, Lebanese Salad w/ Tomatoes & Cucumbers, Hummus, Pita, Fruit, Teeta's Coconut Cake

10/31/18-No Dinner/Program (Halloween)

10/24/18-Baked Ziti, Caesar salad, roasted harvest veggies, fruit, garlic bread, dessert

10/17/18-Crab Cakes (gluten free option), Vegetarian Corn Cakes, corn on the cob, broccoli and cauliflower power salad, broccoli salad with raisins and apples, fruit, bread, dessert

10/10/18-Pork carnitas, Jackfruit carnitas, cilantro lime slaw, black bean corn salad, salsa verde, fruit, corn bread, dessert

10/3/18-Chicken stir fry, Tofu stir fry, Jasmine rice, Asian superfood salad, cauliflower rice, crispy wonton noodles, fruit, fortune cookies, dessert

9/26/18-Grilled barbecued chicken, potato salad, homestyle snap beans, deviled eggs, fruit, bread, dessert

9/19/18-Sweet potato, caramelized onion & black bean chimichangas, chips and salsa roja, Mexican roasted zucchini, Mexican riced cauliflower, fruit, lemon pound cake, brownies

9/12/18-Pulled Pork BBQ, vegetarian BBQ, baked beans, Carolina slaw, Vinegar-based slaw, cucumber salad, fruit, hush puppies, fig cake, brownies

(Summer Break)

5/23/18-Grilled barbecued chicken and tofu, potato salad, snap beans, simple salad, deviled eggs, fruit, bread, pound cake with fruit compote and whipped cream

5/16/18-Crab Cakes, vegetarian savory corn cakes, corn on the cob, chopped power salad w/ lemon vinaigrette, fruit, bread, dessert

5/9/18-Pulled Pork BBQ, vegetarian BBQ, Baked means, Cole slaw, sweet broccoli salad, fruit, hush puppies, dessert

5/2/18-grilled chicken flautas with avocado crema (vegetarian option), Mexican Street corn salad, cilantro lime slaw, salsa verde, corn chips, fruit, Teeta's coconut cake

4/25/18- Blackeyed Pea cakes, roasted vegetable kabobs, spring salad w/ strawberries & candied walnuts, fruit, bread, key lime pie

4/18/18-Sesame ginger chicken stir fry (tofu option), jasmine rice, Adrian superfood salad, fruit, bread, dessert

4/11/18-Classic lasagna w/ meat sauce, mushroom & artichoke lasagna, Caesar salad, roasted vegetables w/balsamic glaze, fruit, bread, dessert

4/4/18-Chicken or Veggie fajitas, black bean salad, Spanish rice, tortilla chips and salsa, fruit, dessert

3/28-No Dinner/Program (Holy Week)

3/21/18-Tomato Basil Bisque, creamy Spinach and Arugula Soup, Caesar salad, seasonal fruit, bread

3/14/18-NE Clam chowder, Corn chowder, apple & goat cheese salad, oyster crackers, seasonal fruit

3/7/18-Blackeyed Pea chowder, paleo broccoli & cauliflower salad, honey lime fruit salad, bread

2/28/18-Great northern bean soup, mesclun cranberry feta & walnut salad, honey lime fruit salad, bread

2/21/18-Baked potato soup, spinach blue cheese & pecan salad, citrus fruit salad, bread

2/14/18-No Dinner/Program (Ash Wednesday)

2/7/18-carolina pulled pork BBQ, veggie BBQ, buns, Cole slaw, baked beans, broccoli salad, fruit, blueberry bread pudding, thin mint bread pudding

1/31/18-grilled chicken or tofu, roasted green beans, rosemary potatoes, fruit, bread, lemon walnut bread pudding

1/24/18-Pizza (vegetarian option), simple salad, fruit, dessert

1/17/18- No Dinner/Program (snow)

1/10/18-Spaghetti (vegetarian option), Mixed salad w/vinaigrette, fruit, bread, dessert