MONDAY LUNCH

COOKHOUSE
BBQ Baked Beans
BBQ Beef Brisket
Buttermilk Cornbread
Grilled Chicken Breast
Macaroni and Cheese

GRILL
Fresh Cut Sweet Potato Fries
Jackfruit Carnitas Tacos
Maryland Style Crab Cake

SHUFFLES
Jerk Chicken Bowl

MINDFUL
Wilted Spinach with Caramelized Shallots
Yellow Rice (Tumeric)
Yellow Squash, Red Pepper & Peas Saute
Yucca con Mojo
Zucchini Stuffed with Quinoa

2,000 CALORIE A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY. ADDITIONAL NUTRITION INFORMATION IS AVAILABLE UPON REQUEST.
MONDAY DINNER

COOKHOUSE
Cajun Turkey Breast
Creole Vegetables with Grits
Grilled Cajun Shrimp Skewers

GRILL
Mojo Chicken Taco With Avocado & Orange
Szechuan Pork Street Taco
House Fried Tortilla Chip Basket

SHUFFLES
Bao Buns
Kimchi Style Slaw
Korean BBQ Pork Bao
Lemongrass Tofu Bao

MINDFUL
Steamed Italian Vegetable Medley
Steamed Spinach with Garlic
Tofu & Veggie Cacciatore Whole Green Beans
Wild Rice Risotto with Scrambled Tofu

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TUESDAY LUNCH

COOKHOUSE
Broccoli Florets
Fresh Corn on the Cob
Garlic Roasted Red Bliss Potatoes
Grilled Flat Iron Steak Grilled Wild Salmon

GRILL
Bbq Pulled Pork Sandwich
Crispy Chicken Sandwich With Spicy Slaw
Turkey Burger with Tomato Jam & Arugula

SHUFFLES
Chicken Miso Tonkotsu Pork
Miso Tonkotsu Tofu Miso Tonkotsu

MINDFUL
Vegetarian Lentil Shepherds Pie
White Bean & Garlic Mash Wild Rice, Quinoa & Lentil Bowl

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TUESDAY DINNER

COOKHOUSE
Broccoli Mushroom Cheddar Rice Casserole
Brown Sugar Glazed Sweet Potatoes
Lightly Spiced Fresh Carrots
Pineapple Rum & Raw Sugar Glazed Ham

GRILL
Cheeseburger
Curly Fries
Grilled Cheese Sandwich

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WEDNESDAY LUNCH

COOKHOUSE
Balsamic Roasted Vegetables
Country Mashed Potatoes Green Bean Casserole
Homestyle Meatloaf

GRILL
Quesadilla Bar

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WEDNESDAY DINNER

COOKHOUSE
Aztec Corn Saute
Baked Potato
Collard Greens
Thai Barbecue Chicken

GRILL
Ancho BBQ Sauce
Buffalo Chicken Sauce
Chicken Nuggets
Diablo Sauce

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THURSDAY LUNCH

COOKHOUSE
BBQ Baked Beans
BBQ Beef Brisket
Buttermilk Cornbread
Grilled Chicken Breast
Macaroni and Cheese

GRILL
Fresh Cut Sweet Potato Fries
Jackfruit Carnitas Tacos
Maryland Style Crab Cake

SHUFFLES
Jerk Chicken Bowl

MINDFUL
Wilted Spinach with Caramelized Shallots
Yellow Rice (Tumeric)
Yellow Squash, Red Pepper & Peas Saute
Yucca con Mojo
Zucchini Stuffed with Quinoa

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THURSDAY DINNER

COOKHOUSE
Cajun Turkey Breast
Creole Vegetables with Grits
Grilled Cajun Shrimp Skewers

GRILL
Mojo Chicken Taco With Avocado & Orange
Szechuan Pork Street Taco
House Fried Tortilla Chip Basket

SHUFFLES
Bao Buns
Kimchi Style Slaw
Korean BBQ Pork Bao
Lemongrass Tofu Bao

MINDFUL
Steamed Italian Vegetable Medley
Steamed Spinach with Garlic
Tofu & Veggie Cacciatore Whole Green Beans
Wild Rice Risotto with Scrambled Tofu

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FRIDAY LUNCH

COOKHOUSE

Broccoli Florets
Fresh Corn on the Cob
Garlic Roasted Red Bliss Potatoes
Grilled Flat Iron Steak Grilled Wild Salmon

GRILL

Bbq Pulled Pork Sandwich
Crispy Chicken Sandwich With Spicy Slaw
Turkey Burger with Tomato Jam & Arugula

SHUFFLES

Chicken Miso Tonkotsu Pork
Miso Tonkotsu Tofu Miso Tonkotsu

MINDFUL

Vegetarian Lentil Shepherds Pie
White Bean & Garlic Mash Wild Rice, Quinoa & Lentil Bowl

2,000 CALORIE A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY. ADDITIONAL NUTRITION INFORMATION IS AVAILABLE UPON REQUEST
FRIDAY DINNER

COOKHOUSE
Broccoli Mushroom Cheddar Rice Casserole
Brown Sugar Glazed Sweet Potatoes
Lightly Spiced Fresh Carrots
Pineapple Rum & Raw Sugar Glazed Ham

GRILL
Cheeseburger
Curly Fries
Grilled Cheese Sandwich

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