

Single Daily Theme Hot Bar Week 3 Menu

(b)(4)

Theme Bar "Latin Style" - Monday

Ancho Rubbed Beef Brisket with Root Vegetables and Polenta

Pork Machaca

Spanish Rice

Southwest Roasted Potatoes

Calabasitas Rostisadas (Roasted Squash with Peppers and Tomatoes)

Steamed Broccoli and Red Pepper

Arroz con Leche (Mexican Rice Pudding)

Healthy Course Menu – Monday

(b)(3)

Salmon with Roasted Cherry Tomatoes

Honey Bourbon Pork Loin

Parmesan Roasted Potatoes

Seasoned Carrots

Sautéed Cabbage

Comfort Food/"American Classics" – Tuesday

Grilled Chicken and Sausage Jambalaya

Southern Shrimp and Grits

Cajun Rice

Brown Rice

Cream of Spinach

Hot Dessert: Apple Cobbler

Healthy Course Menu – Wednesday

Maple Mustard Pork Tenderloin with Caramelized Apples

Orange Marinated Tilapia with Walnuts and Spiced Carrots

Couscous with Roasted Vegetables

Cider Glazed Carrots

Oven Roasted Green Beans

Theme Bar "Italian" – Thursday

Grilled Chicken with Creamy Lemon Pepper Orzo

Whole Wheat Penne with Marinara

Creamy Polenta

Zucchini and Squash

Asparagus

Comfort Food/"Picnic Day" – Friday

Corn Dusters/Whole Wheat Burger Bun/Hot Dog Buns

Hot Dogs

Burgers/Bean Burgers

Bratwursts

Caramelized Onions and Peppers

Summer Creamy Potato Salad

Baked Beans

Coleslaw

Steamed Corn