



# 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 February 12<sup>th</sup> - 23<sup>rd</sup>

### Monday

**BREAKFAST:** BANANA PECAN WHOLE GRAIN PANCAKES  
**SOUPS:** POTATO AND CORN CHOWDER - VEGAN LENTIL  
**ENTREES:** STUFFED PASTA W/ VEGETABLE RAGU  
SESAME GRILLED CAULIFLOWER STEAK  
**SIDES:** BROCCOLI FLORETS - SNAP PEAS W/ ALMONDS  
BAKED ACORN SQUASH - BRAISED WHITE BEANS  
**CHEF'S FEATURE:** CRUNCHY THAI NOODLE SALAD BOWL  
**GRILL:** GRILLED CHEESE AND TOMATO ON SPROUTED GRAIN WHEAT

### Tuesday

**BREAKFAST:** SOUS VIDE SMOKED SALMON EGG CUP  
**SOUPS:** CHICKEN ENCHILADA - HEARTY VEGETABLE  
**ENTREES:** LEMON BAKED SALMON  
APPLE RAISIN STUFFED PORK LOIN  
**SIDES:** MALIBU BLEND - ROASTED CAULIFLOWER W/ TOMATOES  
GNOCCHI AND VEGETABLE SAUTÉ - ROASTED HEIRLOOM POTATOES  
**CHEF'S FEATURE:** CHICKEN SHWARMA W/ TABBOULEH  
**GRILL:** PHILLY BEEF STEAK SANDWICH

### Wednesday

**BREAKFAST:** BLUEBERRY WAFFLE  
(MADE TO ORDER OMELETS AT CHEF'S FEATURE STATION)  
**SOUPS:** WISCONSIN CHILI - BROCCOLI CHEESE  
**ENTREES:** SALISBURY STEAK  
HEALTHY BAKED COD  
**SIDES:** SAUTÉED SUMMER SQUASH - WHOLE GREEN BEANS  
WHITE CHEDDAR SCALLION DUCHESS POTATO  
FARRO W/ FIRE GRILLED ARTICHOKE  
**CHEF'S FEATURE:** CHILI LIME CHICKEN FAJITA SALAD  
**GRILL:** CAPRESE TURKEY BURGER W/ ARTICHOKE PESTO



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## Thursday

BREAKFAST:	BREAKFAST HASH
SOUPS:	OLD FASHIONED HAM WITH BEAN - CHICKEN POT PIE
ENTREES:	SEA BASS AND SHRIMP SCAMPI PULLED PORK STUFFED SWEET POTATO
SIDES:	SWEET CHILI BRUSSELS SPROUTS - ROASTED CALIFORNIA BLEND APPLE WALNUT BARLEY - RUBY WILD RICE PILAF
CHEF'S FEATURE:	SWEET AND SOUR CHICKEN BOWL
GRILL:	MEDITERRANEAN CHICKEN SANDWICH

## Friday

BREAKFAST:	APPLE CINNAMON FRENCH TOAST
SOUPS:	NEW ENGLAND CLAM CHOWDER - CHICKEN NOODLE
ENTREES:	JAMAICAN JERK SALMON VEGETABLE LASAGNA
SIDES:	ROASTED CARROT AND ZUCCHINI - ITALIAN GREEN BEANS RED BEAN COUSCOUS - PARMESAN GARLIC CIABATTA BREAD
CHEF'S FEATURE:	GRILLED GINGER SESAME CHICKEN SALAD
GRILL:	BAKED BATTERED COD 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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### Monday

**BREAKFAST:** VEGAN BREAKFAST QUINOA HASH  
**SOUPS:** VEGETARIAN SPLIT PEA - ROASTED VEGETABLE  
**ENTREES:** ROASTED VEGETABLE QUINOA CAKES  
JAPANESE TOFU W/ BLACK BEAN SAUCE  
**SIDES:** ROASTED ASPARAGUS WITH TOMATOES - SAUTÉED SUPER GREENS  
BASMATI RICE - SESAME CARROTS AND BROCCOLI  
**CHEF'S FEATURE:** GRILLED PORTOBELLO AND AMARANTH SALAD BOWL  
**GRILL:** MUSHROOM SOURDOUGH MELT

### Tuesday

**BREAKFAST:** WHOLE GRAIN PECAN PANCAKES  
**SOUPS:** TASTES LIKE LASAGNA - RED BEAN AND BARLEY  
**ENTREES:** TURKEY AND BEEF MEATBALLS W/ VEGETABLE SAUCE  
HONEY GARLIC SALMON  
**SIDES:** SWEET POTATO CAULIFLOWER MASH  
FETTUCINI W/ VEGETABLE SAUCE - WHOLE GREEN BEANS  
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 - SAUTÉED DELICATA SQUASH  
ROASTED RED POTATOES W/ THYME - CAULIFLOWER RISOTTO  
**CHEF'S FEATURE:** TURKEY CHEDDAR APPLE SALAD  
**GRILL:** BLACK BEAN BURGER W/ MANGO SALSA



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## Thursday

- BREAKFAST: BREAKFAST CASSEROLE  
SOUPS: CHICKEN CHILI VERDE – BEEF BARLEY  
ENTREES: CRANBERRY ORANGE ROAST TURKEY  
HEARTY BEEF STEW  
SIDES: ROASTED HEIRLOOM POTATOES – MAPLE CHILI BUTTERNUT SQUASH  
WHEATBERRY QUINOA ORZO – SAUTÉED SPINACH AND GRAPE TOMATOES  
CHEF’S FEATURE: CHICKEN BACON RANCH WRAP  
GRILL: CHIPOTLE CHICKEN 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

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