



KNOW YOUR COLORS

GREEN

Good choice! Eat plenty of these foods.

YELLOW

Eat these foods in moderation.

RED

Rarely eat these foods.

Creekside Café

Weeks of March 12th - 23rd

Monday

BREAKFAST: ROASTED PEPPER, EGG AND SWISS ON MULTIGRAIN BREAD
SOUPS: VEGETABLE BARLEY - CHEESY VEGETABLE
ENTREES: SMOKED GOUDA POLENTA W/ MUSHROOMS
PASTA PRIMAVERA ALFREDO
SIDES: MEDITERRANEAN VEGETABLES W/ QUINOA - MULTI COLOR CAULIFLOWER
HEIRLOOM BEAN CASSOULET - BOW TIE ALFREDO
CHEF'S FEATURE: SPICY CAULIFLOWER WRAP
GRILL: MEATLESS JOE

Tuesday

BREAKFAST: BREAKFAST BURRITO
SOUPS: FRENCH ONION - TURKEY & BLACK BEAN CHILI
ENTREES: SEA BASS AND CRAB MORNAY - BEEF LONDON BROIL
SIDES: QUINOA AND BARLEY PILAF - STEAMED WHOLE GREEN BEANS
SOUR CREAM CHIVE MASHED POTATOES - ROASTED CALIFORNIA BLEND
CHEF'S FEATURE: GENERAL TSO CHICKEN
GRILL: SHREDDED TURKEY SANDWICH

Wednesday

BREAKFAST: TOMATO AND GREEN CHILI FRITTATA
(MADE TO ORDER OMELETS-CHEF'S FEATURE STATION)
SOUPS: TURKEY WILD RICE - RED POTATO CHEDDAR
ENTREES: CAPRESE CHICKEN W/ BALSAMIC GLAZE
TERIYAKI GLAZED SALMON
SIDES: MIRIN GLAZED CARROTS AND SNOW PEAS - STIR FRIED RED RICE
STEAMED GARDEN BLEND - WILD MUSHROOM TUXEDO BARLEY PILAF
CHEF'S FEATURE: SPINACH AND MUSHROOM RAVIOLI SALAD
GRILL: TEX MEX BARBACOA SANDWICH



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Thursday

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| BREAKFAST: | BLUEBERRY CREAM CHEESE STRATA |
| SOUPS: | CHICKEN DUMPLING - BEEF NOODLE |
| ENTREES: | POT ROAST - MEAT LASAGNA |
| SIDES: | MASHED RED SKIN POTATOES - PARMESAN GARLIC CIABATTA BREAD ROASTED CARROTS - SAUTÉED SPINACH W/ WALNUTS |
| CHEF'S FEATURE: | MOROCCAN CHICKEN W/ SPICED BARLEY |
| GRILL: | TURKEY BURGER W/ JACK CHEESE AND BALSAMIC ONIONS |

Friday

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| BREAKFAST: | BREAKFAST CASSEROLE |
| SOUPS: | TOMATO BASIL - BEEF MUSHROOM BARLEY |
| ENTREES: | ROASTED TOMATO AND WHITE CHEDDAR MAC & CHEESE MAPLE CHIPOTLE GLAZED SALMON |
| SIDES: | SAUTÉED BRUSSELS W/ KOHLRABI - GARLIC ROASTED RED POTATOES BROCCOLI CAULIFLOWER GRATIN - ROASTED BUTTERNUT SQUASH |
| CHEF'S FEATURE: | BBQ CHICKEN AND GRILLED ZUCCHINI SALAD |
| GRILL: | VEGGIE STUFFED GRILLED CHEESE |

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

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| 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

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| 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

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| 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 |



Thursday

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| 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

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| 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 |

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