



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 April 16th - 27th

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

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

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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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



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

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