

Grand Grab and Go Menu

Monday August 4th – Sunday August 10th

Salads & Sandwiches

Strawberry Turkey Wrap – Tortilla filled with lettuce, tomato, turkey, strawberries and mayo

Greek Veggie Sandwich – Lettuce, tomato, cucumber, olives, onion, bell pepper, feta cheese, olive oil, reduced balsamic

Cowboy Beef Sandwich – Italian steak roll, horseradish mayo, lettuce, tomato, roast beef and pepperjack

Egg Salad Sandwich – Homemade egg salad on whole wheat bread with lettuce and tomato

Chicken Cesar Salad – Mixed greens topped with chicken, parmesan cheese, and croutons

Heat & Serve Entrees

Fig Glazed Pork Medallions – Pork medallions basted with fig glaze and served with oven roasted potatoes and seasonal vegetables

Penne Alla Vodka – Penne pasta tossed with vodka tomato sauce and shrimp

Tuesday Special

Pacific Buffet

Fresh Edamame Salad · Carrot Miso Vinaigrette

Asian Salad · Romaine · Mandarin Oranges · Cucumber · Radish · Tomato · Wonton Strips · Sesame Dressing

Mains

Pork Egg Rolls · Thai Peanut Sauce

Crispy Orange Chicken

Grilled Mahi Mahi · Soy Ginger Papaya Salsa

Vegetable Stir Fry

Jasmine Rice

Monday August 11th thru August 17th

Salads & Sandwiches

Corned Beef & Swiss Sandwich – Marble rye topped with lettuce, tomato, Swiss cheese and corned beef

Provolone Ham Sandwich – Whole wheat, ham, provolone, peppadew pepper mayo

Cashew Chicken Wrap – Cashews, chicken salad, lettuce, tomato, in a tortilla wrap

Croissant Club Sandwich – Flaky croissant, ham, turkey, bacon, Swiss lettuce and tomato

Cobb Salad – A bed of lettuce topped with bacon, bleu cheese, chicken, tomato, and Swiss

Heat & Serve Entrees

Chicken Fried Steak – Served with mashed potatoes, gravy and vegetables

Chicken Cordon Bleu – Served with rice pilaf and vegetables

Tuesday Special

Build Your Own Salad Bowl

Salads & Toppings

Bibb Lettuce · Field Organic Greens · Romaine Hearts

Roasted Beets · Radish · Cucumber · Tomato · Olives · Avocado · Red Onion · Carrots

Bacon · Egg · Pistachios · Pepitas · Cranberries

Blue Cheese · Goat Cheese · Feta

Raspberry Vinaigrette · Buttermilk Dressing · Herb Vinaigrette

Proteins

Grilled Herb and Garlic Shrimp

Citrus Grilled Chicken Breast

Churrasco Flank Steak

Monday August 18th thru August 24th

Salads & Sandwiches

Chicken Salad Croissant — Croissant topped with chicken salad, lettuce, and tomatoes

Turkey Bistro Sandwich — French roll topped with turkey, bacon, provolone, and sun-dried tomato mayo

Chicken & Prosciutto Sandwich — Focaccia bread topped with chicken, prosciutto, fontina cheese, and fig spread

Thai Steak Sandwich — Steak roll topped with marinated steak and mango basil salad

Chef Salad — A bed of lettuce topped with ham, turkey, cheddar, Swiss, hard-boiled egg and tomato

Heat & Serve Entrees

Shrimp Chow Mein — Shrimp, Bok choy, broccoli and peppers in a zesty sauce

Grilled Flank Steak — Grilled flank steak with mashed potatoes and seasonal vegetables

Tuesday Special

Southern BBQ Buffet

BBQ Brisket, BBQ Chicken, BBQ Ribs

Potato Salad, Corn on the Cobb, Baked Beans and Biscuits

Monday August 25th thru August 31st

Salads & Sandwiches

The Big Beef Sandwich - 1000 Island, crispy onions, tomato, provolone, marbled rye

Southwestern Turkey Wrap – Avocado, shaved jicama Slaw, Swiss cheese, cilantro aioli
Tortilla wrap

Black Forest Ham Sandwich – Avocado, Monterey Jack, Dill Pickle, lettuce, grilled onion,
French roll

Grilled Chicken Sandwich, roasted red peppers, marinated mushrooms, feta, pesto, Ciabatta

Mandarin Salad – Shrimp, carrots, bell peppers, mandarin oranges, sesame chicken

Heat & Serve Entrees

Herb Roasted Chicken – Served with roasted potatoes and vegetables

Tortellini & Shrimp – Five cheese tortellini tossed with sun-dried tomato parmesan sauce and
shrimp

Tuesday Special

Baked Potato Bar

Your choice of Baked Potato or Baked Yam

Your choice of toppings

Broccoli, Bacon, Italian Sausage, Tomatoes, Green Onions, Salsa, Chili, Bell Peppers,

Sour Cream, Butter, Cheddar Cheese, Mushrooms, Queso Fresco, Avocado

