

# **Grand Grab and Go Menu**

**Monday September 1<sup>st</sup> – Sunday September 7<sup>th</sup>**

## **Salads & Sandwiches**

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

**Croissant Club Sandwich** – Lettuce, tomato, ham, turkey, bacon, Swiss and mayo

**Spicy Italian Sandwich** – Italian steak roll, capicola, pepperoni, soppressata, Provolone, roasted garlic mayo

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

**Tuna Nicoise Salad** – Mixed green topped with flaky tuna, olives, potatoes, green beans, capers, tomato, and egg with Italian dressing

## **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**

### **Enchilada Buffet**

#### **Salads & Toppings**

Field Organic Greens or Romaine Lettuce

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

Ranch Dressing

Mango Vinaigrette

#### **Mains**

Beef or Chicken Enchiladas

Charro Beans

Spanish Rice

## **Monday September 8<sup>th</sup> thru Sunday September 14<sup>th</sup>**

### **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

**Turkey BLT Wrap** – Tortilla wrap filled with lettuce, tomato, turkey, bacon and mayo

**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 Marsala** – 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

Italian Pesto Flank Steak

## **Monday September 15<sup>th</sup> thru September 21<sup>st</sup>**

### **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**

#### **Salads & Toppings**

Field Organic Greens or Romaine Lettuce

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

Ranch Dressing

Mango Vinaigrette

Bacon Ranch Pasta Salad

#### **Mains**

BBQ Brisket

BBQ Chicken

BBQ Ribs

#### **Sides**

Corn on the Cob

Baked Beans

Biscuits

## **Monday September 22<sup>nd</sup> thru September 28<sup>th</sup>**

### **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**

#### **PACIFIC RHYTHM BUFFET**

##### **SALADS**

Asian Green Salad, Red Cabbage, Carrot, Sweet Peppers,  
Mango Lime Dressing (GF, Vegan)

Sesame Peanut Soba Noodle Salad, Napa Cabbage,  
Broccoli, Scallion, Edamame (V)

##### **Mains**

BBQ Korean Short Ribs, Kimchi, Scallions

Seared Mahi Mahi, Coconut Green Curry

Grilled Shrimp, Sriracha Lime Butter

Grilled Teriyaki Chicken Breast

##### **Sides**

Lemongrass Jasmine Rice

Sesame Sautéed Green Beans

## **Monday September 29<sup>th</sup> thru October 5<sup>th</sup>**

### **Salads & Sandwiches**

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

**Croissant Club Sandwich** – Lettuce, tomato, ham, turkey, bacon, Swiss and mayo

**Spicy Italian Sandwich** – Italian steak roll, capicola, pepperoni, sopressata, Provolone, roasted garlic mayo

**Tuna Salad Sandwich** – Homemade tuna salad on whole wheat bread with lettuce and tomato

**Tuna Nicoise Salad** – Mixed green topped with flaky tuna, olives, potatoes, green beans, capers, tomato, and egg with Italian dressing

### **Heat & Serve Entrees**

**Pork Chop** – Topped with honey mustard glaze served with roasted potatoes and vegetables

**Chicken & Broccoli Alfredo** – Pasta tossed with chicken and broccoli in a parmesan sauce

### **Tuesday Special**

#### **Farm house Buffet**

Mixed greens with tomatoes, cucumbers, shaved carrots and croutons with choice of dressings

#### **Fruit platter**

With cantaloupe, honeydew, pineapple and seasonal berries

Homemade Meatloaf with honey -ketchup glaze

Grilled Chicken with mustard cream sauce and chives

Roasted garlic mashed potato

Roasted vegetable medley