

# **Grand Grab and Go Menu**

**Monday October 6<sup>th</sup> – Sunday October 12<sup>th</sup>**

## **Salads & Sandwiches**

**SW Turkey Wrap** – Tortilla filled with lettuce, tomato, turkey, green chiles, bacon and mayo

**Ham & Swiss Croissant Sandwich** – Lettuce, tomato, ham, Swiss and mayo

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

**Pastrami Sandwich** – Pastrami on whole wheat bread with lettuce and tomato

**Chef Salad** – A bed of lettuce topped with ham, turkey, Swiss, cheddar, egg and tomato

## **Heat & Serve Entrees**

**Spaghetti & Meatballs** – A bed of spaghetti topped with meatballs and served vegetables

**Shrimp Creole** – Served on a bed of rice with vegetables

## **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

## **Monday October 13<sup>th</sup> thru Sunday October 19<sup>th</sup>**

### **Salads & Sandwiches**

**Pastrami & Swiss Sandwich** – Marble rye topped with lettuce, tomato, Swiss cheese and pastrami 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 Sandwich** – Flaky croissant, bacon, lettuce and tomato

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

### **Heat & Serve Entrees**

**Lasagna** – Served with vegetables

**Chicken Cordon Bleu** – Served with rice pilaf and 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 October 20<sup>th</sup> thru October 26<sup>th</sup>**

### **Salads & Sandwiches**

**Mediterranean Chicken Sandwich** — 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**

**Chicken Marsala** — Sauteed chicken breast topped with marsala sauce and served with rice pilaf and vegetables

**Spaghetti& Meatballs** — Spaghetti topped with rich marinara sauce and homemade meatballs

### **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

## **Monday October 27<sup>st</sup> thru November 2<sup>nd</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**

**Chicken Katsu** – Served with katsu sauce (Japanese BBQ Sauce) Rice and vegetables

**Chipotle Chicken Pasta** – Penne, chicken, red & green peppers tossed with chipotle cream  
sauce

### **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

Grilled Ahi Tuna, Lemongrass Sauce

Grilled Shrimp, Sriracha Lime Butter

Grilled Teriyaki Chicken Breast

##### **Sides**

Lemongrass Jasmine Rice

Sesame Sautéed Green Beans

## **Monday November 3<sup>rd</sup> – Sunday November 9<sup>th</sup>**

### **Salads & Sandwiches**

**Spicy Italian** – Focaccia bread, ham, capocollo, salami, red onion, banana peppers

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

**The Big Beef Sandwich** – Italian steak roll, garlic mayo, roast beef, giardiniera (spicy vegetable relish)

**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**

**Bourbon Apple Pork Medallions** – Pork medallions topped with bourbon apple compote and served with oven roasted potatoes and seasonal vegetables

**Lemon Garlic Parmesan Shrimp** – Penne pasta tossed with spinach, garlic, lemon, white wine, and a light parmesan sauce

### **Tuesday Special**

#### **Taco Tuesday Buffet**

Chicken or Steak Tacos

Charro Beans, Spanish Rice

Red Salsa, Green Salsa, Sour Cream, Guacamole, Cheese, Lettuce, Diced Tomatoes

