

Grand Grab and Go Menu

Monday March 2nd – Sunday March 8th

Salads & Sandwiches

Roast Beef & Barely Buzzed Cheddar – Italian hoagie roll topped with roast beef, barley buzzed cheddar cheese(From Utah), lettuce, tomato, and Gulden’s mustard

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

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

Chicken Salad Croissant – Homemade chicken salad on a croissant with lettuce and tomato

Chopped Salad – Mixed green topped with chicken, tomato, avocado, corn, bacon and bleu cheese

Heat & Serve Entrees

Island Hopper Chicken – Grilled chicken, pineapple mango salsa, rice, asparagus

Platinum Shrimp Pasta – Orecchiette (“Little Ear” Pasta) tossed with rich goat cheese and herb sauce and topped with shrimp

Tuesday Special

Western BBQ

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

Honey Yogurt Fruit Salad

Seasonal Fruit tossed with honey yogurt dressing

BBQ Baby Back Ribs

BBQ Chicken

Fried Potatoes

Red potatoes cooked with onions and bacon

Corn on the Cob

Baked Beans

Corn Bread

Monday March 9th thru Sunday March 15th

Salads & Sandwiches

Pastrami Sandwich – Marble rye topped with lettuce, tomato, horseradish & chive havarti cheese and pastrami

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

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

Turkey Vegetable Wrap – Tortilla wrap filled with mayo, spinach, cucumber, red onion and tomato

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

Heat & Serve Entrees

Sweet & Sour Shrimp – Shrimp and vegetables tossed with sweet & sour sauce served on a bed of rice

Chicken Florentine – Chicken topped with spinach and sun-dried tomato sauce served with rice pilaf and 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 March 16th thru March 22nd

Salads & Sandwiches

Chipotle Turkey & Avocado Sandwich – Hoagie roll topped with turkey, bacon, avocado spread, chipotle mayo, lettuce, and tomato

Steak & Bacon Sandwich – Ciabatta Roll, carved flank steak, applewood smoked bacon, roasted red peppers, caramelized onion jam, lettuce, and herb 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

Pasta Primavera – Linguini, broccoli, asparagus, peas, and pesto parmesan sauce

Grilled Flank Steak – Served with roasted potatoes, vegetables and creole mustard sauce

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 March 23rd thru March 29th

Salads & Sandwiches

The Big Beef Sandwich - 1000 Island, lettuce, tomato, provolone, marbled rye and roast beef

Strawberry Turkey Wrap – Sliced strawberries, lettuce, tomatoes, turkey, and mayo in a tortilla wrap

Tuna Salad Sandwich – Whole wheat bread, tuna salad, lettuce and tomato

Grilled Chicken Sandwich, roasted red peppers, spinach, pesto mayo, Ciabatta

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

Heat & Serve Entrees

Lemon Rosemary Chicken – Served with roasted potatoes and vegetables

Sliced Flank Steak with Wild Mushroom Sauce – Served with roasted potatoes and vegetables

Tuesday Special

Fajita Bar

Southwest Salad

Charred Corn, Jicama, Radish, Black Beans, Avocado Ranch, Mango Vinaigrette

Grilled Skirt Steak or Tequila Lime Chicken

Bell Peppers & Onions

Charro Beans, Spanish Rice

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

March 30th thru April 5th

Salads & Sandwiches

Italian Sub Sandwich – Sub roll, ham, salami, capicola, onion, provolone, lettuce and tomato

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

Tortilla wrap

Black Forest Ham Sandwich – Black Forest ham, Swiss cheese, Guldens mustard, marble rye

Chicken Cashew Wrap – Chicken salad, cashews, lettuce and tomatoes

Strawberry Spinach Salad – Spinach, strawberries, walnuts, and feta cheese

Heat & Serve Entrees

Chicken Teriyaki – Served with pineapple rice and vegetables

Meatloaf – Served with mashed potatoes, gravy and vegetables

Tuesday Special

Italian Table

Caesar Salad – Romaine, parmesan, croutons, and Caesar dressing

Caprese Salad – Tomatoes, mozzarella, basil, balsamic reduction

Tuscan Pasta Salad

Garlic & Herb Focaccia

Chicken Piccata

Ricotta Stuffed Manicotti with basil marinara

Asiago Gnocchi with roasted vegetables and tomato butter sauce