

Grab & Go Weekly Menu

May 4th - May 10th

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

Smoked Brisket Sandwich – Italian steak roll, smoked brisket, pickled red onions, roasted garlic mayo, Hatch chili gouda

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

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

Heat & Serve Entrees

Chicken Parmesan – Pasta, tomato sauce, breaded chicken topped with tomato sauce and cheese, served with zucchini

Chicken Cordon Bleu – Served with vegetables, mashed potatoes, and gravy

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

Grab & Go Weekly Menu

May 11th - May 17th

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

Lemon Herb Tea Poached Salmon – Salmon delicately poached in lemon herb tea served on a bed of cauliflower rice with vegetables

Honey Sriracha BBQ Chicken – Chicken topped with honey sriracha BBQ sauce and pineapple salsa, served with roasted potatoes and vegetables.

Tuesday Special | Farmhouse Buffet

Farmhouse Buffet

Mixed greens with tomatoes, cucumbers, shaved carrots, and croutons with a 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

Grab & Go Weekly Menu

May 18th - May 24th

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

Chicken & Broccoli Alfredo — Pasta tossed with alfredo sauce, broccoli, and chicken

Grilled Shrimp Skewers — Topped with a zesty peach glaze served on a bed of rice pilaf and vegetables

Tuesday Special | Taco Tuesday Buffet

Chicken or Steak Tacos

Charro Beans, Spanish Rice

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

Grab & Go Weekly Menu

May 25th - May 31st

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

Pineapple Mango Glazed Ham – Served with scalloped potatoes and vegetables

Chicken Caprese – Chicken topped with heirloom tomatoes, basil, mozzarella cheese, and fig balsamic glaze served with cauliflower rice 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