

# Grand Grab and Go Menu

Monday, June 28<sup>th</sup> – Sunday, July 5<sup>th</sup>

## Salads & Sandwiches

**Turkey Wrap** – Tortilla filled with lettuce, tomato, turkey, 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 greens topped with flaky tuna, olives, potatoes, green beans, capers, tomato, and egg with Italian dressing

## Heat & Serve Entrees

**Pork Chop** – Topped with Creole mustard sauce, served with potatoes and vegetables

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

## 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

# Grand Grab and Go Menu

Monday, July 6<sup>th</sup> - Sunday July 12<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 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

**Macaroni & Cheese** – Served with vegetables

**Salisbury Steak** – Served with mashed potatoes, gravy, and vegetables

## Tuesday Special | Carver's Corner

Choice of Roast Beef, Glazed Ham, or Turkey

Selection of Breads and Cheeses

Potato Salad, Cole Slaw, and Macaroni Salad

Assorted Condiments

# Grand Grab and Go Menu

Monday July 13<sup>th</sup> - July 19<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

**Lemon Caper Chicken** – Sautéed chicken breast topped with lemon caper sauce and served with rice pilaf and vegetables

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

## Tuesday Special | TOSCANA

Classic Caesar Salad with Romano Cheese and Garlic Croutons

Vegetable Pasta Salad

Tuscan Chicken

Manicotti with Basil Marinara

Spaghetti and Meatballs

Oregano and Rosemary Baby Potatoes with Olive Oil

Ratatouille with Italian Parsley

# Grand Grab and Go Menu

Monday July 20<sup>th</sup> - July 26<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

**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 | Farmhouse Buffet

**Mixed greens** with tomatoes, cucumbers, and 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

# Grand Grab and Go Menu

Monday July 27<sup>th</sup> – Sunday August 2<sup>nd</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 greens 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 | 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

Chimichurri Flank Steak