

marinara

A Pasta Bar of Possibilities

**MIX-AND-MATCH PASTA, SAUCES AND ADD-INS
THE PASTABILITIES ARE ENDLESS!**



**Week of Jan 27th - 30th
Week of March 30th - April 3rd**



All Bowls Include a Breadstick

Pasta Bowl -Protein	\$11.99
V Pasta Bowl -Vegetarian	\$10.99

1 - Pick Pasta	 	cal
Penne		310
Cavatappi		210

2 - Vegetables	 	cal
Ask your chef about today's vegetable options.		



3 – Proteins - Pick 1 cal

Italian Beef & Pork Meatballs	380
  Balsamic Grilled Chicken	Vegan 130
 Meatballs	150
Italian Sausage	190

4 - Sauces cal

V Marinara	60
An Italian plum tomato sauce simmered with basil.	
V Alfredo	300
A creamy with sauce finished with Parmesan cheese	

5 - Toppings, Sides & Bread cal

V Parmesan Cheese	15
 Crushed Red Pepper	5
 Cracked Black Pepper	0
V Garlic Bread Stick	150

Week of Feb 2nd - 6th
Week of April 6th - 10th





AUTHENTIC FLAVORS OF THE MEDITERRANEAN

a delicious food tour through greece and beyond

KALAMATA

KALAMATA

Main Dish

Chicken Shawarma	130 cal		4 oz
Pork Souvlaki	190 cal		4 oz
Falafel	100 cal	 	1 each
Turkish Beans & Lentils	188 cal		6 oz














Rice

White Rice	138 cal		4 oz
Yellow Rice	148 cal		4 oz

Dips

Tzatziki	60 cal		2 oz.
Hummus	110 cal		2 oz.

Toppings

Diced Cucumbers	5 cal	 	1 oz.
Pickled Red Onions	10 cal		1 oz.
Mild Sliced Banana Peppers	10 cal	 	1 oz.
Diced Tomatoes	5 cal	 	1 oz.
Feta Cheese	70 cal		1 oz.
Kalamata Olives	25 cal	 	1 oz.
Lemon Wedge	0 cal		1 oz.
Fresh Mint	20 cal		1 oz.
Traditional Pita	190 cal		each



Mindful



Vegan



Vegetarian



Plant Based

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

SPICE *market*

Feb 9th - 13th

March 2nd - 13th

April 13th - 17th

May 4th - 8th





SPICE
market

sodexo
QUALITY OF LIFE SERVICES

MAIN DISH

 Curried Tofu	\$10.99
 Tandoori Chicken	\$11.99
Curried Beef	\$12.99


PICK 1 SAUCE





 Curry	250
Northwestern Indian style creamy tomato onion sauce	
 Vindaloo	200
A popular, heavily spiced sauce	
 Tikka Masala	270
A subtly spiced tomato cream sauce	

VEGETABLES

 Roasted Sweet Potato
 Roasted Cauliflower
 Curried Eggplant & Garbanzo Beans

ACCOMPANIED WITH cal


  Pulao Rice	110
Basmati rice simmered with cinnamon, cumin and cloves	
  Basmati Rice	110

 Naan	150
 Tomato Chutney	30
 Tamarind Chutney	60
 Mango Chutney	40

Vegan  Vegetarian  Halal  Mindful 

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WONDERS OF THE WOK



SATISFYING STIR-FRY
ANY WAY YOU LIKE

CHOW

ASIAN CUISINE

Week of Feb 16th - 20th
April 20th - 24th

WONDERS OF THE WOK

SATISFYING STIR-FRY
ANY WAY YOU LIKE



Create Your Own Stir-fry

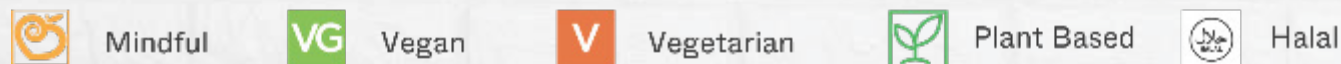
Stir-fried with ginger, garlic, green onions, your choice of sauce and served with rice or noodles

Vegetarian 	\$10.99
With Chicken 	\$11.99
Mongolian Beef	\$19.99

1 – Choose Your Veggies

1 oz. = 0 – 10 cal

Please ask your Chef for today's selections.



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2 – Pick a Protein

	Pick 1	cal
Fried Tofu 	4 oz.	90
Mongolian Chicken 	4 oz.	130
Mongolian Steak	3.5 oz.	250

3 – Select a Sauce

	Cal		cal
Sweet & Sour	150	Teriyaki	50
Szechuan – <i>contains shellfish</i>	125	Sesame	100

4 – Noodles or Rice?

		cal
Lo Mein Noodles 		192
Jasmine Rice 		180

5 – Top it Off!

Sriracha Chili Sauce 	Cilantro 	Lime Wedge 
Soy Sauce 	Scallions 	

mindful Choice



Vegan Dreams Bowl

Fresh veggies, fried tofu, Teriyaki sauce, Jasmine rice, Cilantro, and lime wedge

price	cal
\$10.99	325

M & C

Week of Feb 23rd - 27th
April 27th - May 1st





Choose You Mac



Buffalo Chicken Mac

Grilled chicken, celery, and carrots tossed with buffalo cheddar cheese sauce, and blue cheese crumbles

\$11.99

cal
367



4 Cheese Mac

Cheddar, Swiss, Mozzarella, and Parmesan cheese tossed with fresh pasta

\$10.99

450



Veggie Mac

Roasted eggplant, mushrooms, broccoli, onions, peppers and peas tossed with cheese sauce

\$10.99

377

Finishing Touches

Bacon Bits

cal

85



Blue Cheese Crumbles

cal

100



Scallions

5



Buffalo Sauce

50



Feta Cheese

75



Shredded Parmesan

25



Jalapeno

26



Toasted Panko Crumbs

110

Vegan A green square icon with the letters 'VG' in white.

Vegetarian A red square icon with a white letter 'V'.

Halal A circular icon with the word 'HALAL' in Arabic script.

Mindful A circular icon with a stylized orange flame or leaf design.

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pho
nam

Week of March 23rd - 27th

GOOD PHO BOTH
body and soul





Main Dishes

VG Tofu	\$10.99
Halal Chicken	\$11.99
Steak	\$12.99

Select Noodles **VG** cal

Rice Noodles	200
Lo Mein Noodles	

Pick a Broth cal

Beef Pho	35
<i>Beef pho broth simmered with charred onion, ginger, star anise and lemongrass</i>	

Chicken Pho	35
<i>Chicken pho broth simmered with charred onion, ginger, fish sauce and star anise</i>	

VG Vegetable Pho	30
<i>Vegetable pho broth simmered with charred onion, ginger and star anise</i>	


Vegetables **VG** cal

Mushrooms	0-10
Broccoli	
Onions	
Spinach	
Shredded Carrots	
Cabbage	

Final Touches cal cal

VG Thai Basil	5	VG Sriracha	5
VG Cilantro	5	VG Scallion	5
VG Red Chilies	10	VG Lime	5
V Hoisin	15		

mindful Choice

	price	cal
 Chicken Pho	\$10.49	308
<i>Chicken pho broth, chicken, fresh veggies, cilantro, lime, scallions</i>		

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