




UCC PREP MENU SPRING 2015

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Cheese or vegetarian pizza on whole wheat crust Honey dijon glazed salmon Fresh vegetables	Wing style chicken drumsticks Roasted potatoes and yams Cheese and veggie quesadillas Fresh vegetables	Whole wheat penne w/ meat or primavera sauce Roasted veggie puff pastry wraps Whole wheat garlic bread Fresh vegetables	Italian sausage w/ grilled peppers and onions Whole wheat grilled cheese sandwich Braised cabbage	BBQ chicken thighs Jasmine rice Cheese perogies w/ carmelized onions Fresh vegetables
Dessert	Organic yogurt parfait	House made cookies	Fresh cut fruit	House made cake	Applesauce

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Week 2	100% Beef burgers Garden burgers Spicy wedge potatoes Fresh vegetables	Honey garlic chicken Veggie fried rice Asian vegetable stir fry with edamame	Cajun Haddock fillet Whole wheat macaroni and cheese Fresh vegetables	Butter Chicken Basmati rice Naan bread Curried vegetable wrap Steamed peas	Beef or vegetarian baked pasta Whole wheat dinner rolls Fresh vegetables
Dessert	Frozen yogurt	House made cookies	Fresh cut fruit	House made cake	Chef's choice

Available daily: House made soup of the day, salad bar including fresh cut vegetables, tossed salad & our daily special salad. Fresh fruit, pre-made sandwiches, house roasted sandwich meat & yogurt. Also, 100% fruit juices, 2% & chocolate milk.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 3	Orange ginger cod Tomato basil pita pizzas Roasted rosemary redskin potatoes Fresh vegetables	Mild jerk chicken Red beans and rice Cornbread Grilled vegetable couscous Caribbean vegetables	THEME DAY	Balsamic glazed turkey breast Whipped potatoes Vegetarian sub on whole wheat Seasonal vegetables	Beef soft tacos Black bean, cheese and veggie burritos Mexican rice Southwest style corn
Dessert	Fresh cut fruit	House made cookies	Theme dessert	House made cake	Chef's choice

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