

# capitol

## Day 1

Garden Greens with Purple Cabbage, Carrot, Cucumber, Cherry Tomatoes (V, GF)  
Kale Caesar with Parmesan & Croutons

1. Chicken Parmesan, Rigatoni with Tomato Basil, Roast Zucchini, Broccoli, & Green Beans
2. Grilled Striploin Steak with Mushroom Demi, Roast Potatoes, Caramelized Onions, Carrot Batons, Broccoli, & Green Beans (GF, DF)
3. Atlantic Salmon with Maple Herb Marinade, Spanish Rice Pilaf, Grilled Asparagus, Carrot Batons, & Broccoli (GF, DF)
4. Vegan Red Thai Curry with Butternut Squash, Black Lentils, Bell Peppers, & Steamed Rice (V, GF, nut free)

Dessert: Vegan Chocolate Chip Cookies (V, GF)

## Day 2

Organic Garden Greens, Kale, Arugula, Romaine, Carrot, Cucumber Slaw (V, GF)  
Purple & Napa Cabbage Slaw (V, GF)

1. Butter Chicken with Basmati Rice, Green Peas, Roast Zucchini, & Bell Peppers (GF)
2. Roast Beef with Mushroom Gravy, Yukon Gold Potatoes, Green Beans, Roast Zucchini, Bell Peppers, & Carrots (GF, DF)
3. Pan Roast Mediterranean Cod Fillet, Capers, Black Olives, Cherry Tomatoes, with Steamed Rice, & Seasonal Vegetables (GF, DF)
4. Cajun Tofu, Sweet Potato, Quinoa, Tomato, and Basmati Rice (Vegan, GF)

Dessert: Sugar Cookie (Vegan, GF)

## Day 3

Julienne Cucumber, Carrots, Red Bell Peppers, Spring Mix Greens  
with Balsamic Vinaigrette (V, GF)  
Broccoli Soup (V, GF) with Cheddar

1. Roast Chicken Breast with Mushroom Sauce, Bowtie Pasta Alfredo, Carrots, Broccoli, & Roast Cajun Cauliflower (GF, DF)
2. Tender Braised Beef Short Ribs, Baked French Fries, Braised Carrots & Turnips (GF, DF)
3. Breaded Sole Fish Fillet with Lemon & Tartare, Baked French Fries, Carrots, Broccoli, & Roast Cajun Cauliflower (GF, DF)
4. Vegan Cabbage Rolls with Rice, Mixed Beans, Zucchini, Eggplant, Bell Peppers, & Tomatoes with Baked French Fries (V, GF)

Dessert: Vegan Brownies (GF, DF)

## Day 4

Garden Greens Romaine, Kale, Spring Mix, Tomato, Cucumber, Carrot, Italian Vinaigrette (V, GF)  
Kale, Edamame, Napa, Asian Sesame Soy Slaw (V)

1. Beef Lasagna with Garlic Bread & Vegetables
2. Pad Thai Chicken Stir Fry with Carrots, Peppers, Celery, Broccoli, Snow Peas, Bean Sprouts, and Steamed Brown Rice (GF, DF, nut free)
3. Atlantic Salmon with Mustard Maple, Steamed Brown Rice, Roast Balsamic Veggies, Zucchini, Eggplant, Peppers, Green Beans (GF, DF)
4. Vegan Squash Coconut Curry with Zucchini, Eggplant, Peppers, Quinoa (V, GF)

Dessert: Rice Krispy Squares & Chocolate Chip Cookie (GF, DF available)

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## Day 5

Garden Salad with Cucumber, Tomato, Carrot, Balsamic (V, GF)  
Butternut Squash & Winter Root Vegetable Soup (V, GF)

1. Roast Quarter Chicken, Rosemary Potatoes, with Broccoli, Butternut Squash, & Roast Cauliflower (GF, DF)
2. BBQ Spareribs, Mac & Cheese, Broccoli, Butternut Squash, Cauliflower (pork, GF, DF)
3. Pan Seared Haddock Fillet with Steamed Rice, Sautéed Bok Choy, with Garlic Cherry Tomatoes (GF, DF)
4. Vegan Runner Bean, Black Lentils, with Bell Peppers, Tomato, Broccoli, Butternut Squash, Cauliflower (V, GF)

Dessert: Vegan Oatmeal Raisin Cookies (GF, DF)

## Day 6

Napa Cabbage Coleslaw (V, GF)  
Garden Greens with Tomato, Cucumber, Heirloom Carrot (V, GF)

1. Grilled Jerk Chicken, Rice & Beans, Green Beans, Carrots, & Roast Zucchini (GF, DF)
2. Beef Teriyaki Stir Fry with Bell Peppers, Onions, Broccoli & Lo Mein Sesame Soy Noodles (DF)
3. Trout Fillet with Lemon Capers, Rice Pilaf, Green Beans, Carrots, & Roast Zucchini (GF, DF)
4. Vegan Roast Eggplant, Cauliflower, Red Lentils, Kidney Beans, Onions & Bell Peppers with Rice Pilaf (V, GF)

Dessert: Natural Orange, Vanilla Glazed Cupcake (V, GF)

## Day 7

Traditional Caesar Salad, Garlic Parmesan Croutons  
Broccoli Salad with Napa, Bell Peppers, Red Onion

1. Grilled Chicken Cacciatore with Baked Home Fries, Roasted Squash, Cauliflower, Broccoli, Carrots (GF, DF)
2. Beef Stroganoff, with Tagliatelle Noodles, Roasted Squash & Green Beans (GF, DF)
3. Breaded Cod Fillet with Dill White Wine Sauce, Baked Home Fries, Broccoli, & Heirloom Carrots (GF, DF)
4. Vegan Roast Creole Chickpeas with Zucchini and Steamed Rice (V, GF)

Dessert: Double Chocolate Brownies

## Day 8

Mixed Garden Greens with Italian Vinaigrette  
Leek & Potato Soup (GF, DF, V)

1. Stuffed Chicken Leg with Apple, Cranberry, Roast Potatoes, and Seasonal Vegetables (GF, DF)
2. Pork Schnitzel with Tomato, Mushroom, Bell Peppers, and Roast Potato Wedges (DF)
3. Pan Seared Haddock Fillet with Lemon and Steamed Rice with Seasonal Vegetables (GF, DF)
4. Vegan Roast Cauliflower, Tomato Braised Red Lentils, Chickpea Falafel, with Steamed Rice (V, GF)

Dessert: Cranberry Orange Cupcakes (V, GF)

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## Day 9

Greek Salad with Feta, Kalamata Olives, & Garden Greens (Garden Salad available)

1. Chicken Parmesan with Tomato, Mozzarella, Penne Pasta, Roast Zucchini, Green Beans, & Carrots
2. Roast Pork Loin, Mushroom, Apple, White Wine Sauce, Mash Potatoes, Seasonal Vegetables (GF)
3. Cod Fillet with Dill, Lemon Sauce, Roast Sweet Potatoes, Seasonal Vegetables (GF, DF)
4. Vegan Butternut Squash Thai Coconut Curry with Cauliflower, Red Lentils, Sweet Potato, & Basmati Rice (V, GF)

Dessert: Vegan Sugar Cookies & Fresh Fruit

## Day 10

Garden Salad with Kale, Carrot, Arugula, Italian Vinaigrette

Green Bean Niçoise with Kalamata Olives & Sun-Dried Tomatoes

1. Grilled Chicken Breast with Penne Alfredo, Roast Squash, Cauliflower, & Broccoli (GF, DF)
2. Surf & Turf! Slow Braised Beef Short Ribs, Coconut Shrimps, Baked French Fries, Seasonal Vegetables
3. Mediterranean Tilapia with Capers, Tomatoes, Olives, Steamed Rice, Seasonal Vegetables (GF, DF)
4. Tofu Teriyaki Stir Fry, Bean Sprouts, Asparagus, Broccoli, Snap Peas, with Steamed Rice

Dessert: Lemon Cake Squares or Vegan Ginger Orange Cookie (V, GF)