



Menu for week of November 14th – November 18th, 2022

Managed by CulinArt Group
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MAKE THE CHOICE THAT'S RIGHT FOR YOU.



EAT WELL



LOCALLY SOURCED



VEGETARIAN



VEGAN

LUNCH	QUIK PIK MORNING SNACK	CHEF'S TABLE	Culinary ON THE SIDE	PIZZA	QUIK PIK SALAD	QUIK PIK SANDWICH
MONDAY	Vanilla and Chocolate Pudding 	Pulled Pork Mac & Cheese Baked Mac & Cheese	Sweet Northern Corn Bread Stewed Tomatoes	Cheese Pizza Meat Lover's Pizza	Classic Turkey Cobb Salad with Bleu Cheese Dressing	Turkey and Provolone on Wheat Bread
TUESDAY	Blueberry Parfait 	Soft Shell Beef Tacos	Mexican Red Rice Tortilla Chips	Cheese Pizza Pepperoni Pizza	Greek Village Salad with Italian Dressing 	BBQ Roast Beef with Arugula on Country White Bread
WEDNESDAY	Fresh Cut Fruit Cup 	Chicken Parmesan	Penne with Marinara Steamed Peas	Cheese Pizza Italian Sausage Pizza	Chef's Salad with Creamy Balsamic Dressing	Ham and Swiss on Brioche
THURSDAY	Strawberry Yogurt and Mixed Berry Parfait 	General Tso's Chicken	Vegetable Fried Rice Roasted Broccoli	Cheese Pizza Pepperoni Pizza	Grilled Chicken Caesar Salad	Tuna Salad Whole Wheat Wrap
FRIDAY	Blueberry Muffins 	Penne with Meat Sauce	Crispy Green Beans Garlic Bread	Cheese Pizza Buffalo Chicken Pizza	House Salad with Parmesan, Mozzarella and Balsamic Vinaigrette 	Egg Salad Sandwich on Multigrain Bread

In addition to the above menu specials, our Café also offers a large variety of options so there is a nutritious meal for every taste preference. Each day, we have a "Quik-Pik Grab N Go" display with Fresh-cut Fruit, Yogurt, Veggie Cups, Hummus, Pre-made Salads, Featured "Power Paks" (Grilled Chicken, Tuna, Egg, Grain Bowls & Protein Paks) and desserts. Our Grab n Go will also have an assortment of freshly made sandwiches and snacks. In addition, our Grill Station offers Veggie Burgers, Hamburger/Cheeseburger, Hot Dogs, Chicken Nuggets, Fries, and Cheese Pizza every day. We also have available a wide variety of beverages.