



MENU

CULINARY INNOVATIONS

- M** Pepper Corned Flank Steak
Marsala Cream Sauce

- T** Chicken Pot Pie
Crispy Bisquit Topping

- W** Roasted lamb roast

- T** Garam Masala Spiced
pork, Cilantro Chutney

- F** Baked spaghetti squash in shell

WELLNESS SPOTLIGHT

- M** Panzanella Salad

- T** Caprese Salad

- W** Antipasto Salad

- T** Apple Farro Salad

- F** Homestyle Potato Salad

UPCOMING PROMOTIONS

Bistro Special Events

To book your small parties please
Contact Colette Simms
colette.simms@gallaudet.edu

BREAKFAST

Monday – Friday | 7:00AM – 9:30AM

Saturday – Sunday | 7:00AM – 10:30AM

LUNCH

Monday – Friday | 11:30AM – 2:00PM

WEEK OF April 8th, 2019

MONDAY	M	Chicken Freekah Soup
	Out of the Oven	Pepper Corned Flank Steak, Marsala Cream Sauce
		Pesto Grilled Chicken Breast, Tomato Bruschetta, Fresh Mozzarella
	Something Else	Herb & Bell peper sautéed tortellini Roasted Summer Squash
	Sandwich	Brown Sugar Roasted Turkey, Cranberry Mayo, Arugula, Multigrain
	Dessert	Dessert of the day
TUESDAY	T	Lentil & Mushroom Stew
	Out of the Oven	Chicken Pot Pie, Crispy Bisquit Topping
		Sweet Potato, Tofu & Kale, Cranberry Topping
	Something Else	Traditional Rice Pilaf Steamed Broccoli, FIT
	Sandwich	Cajun Roast Beef Grinder, Remoulade, Cabbage Slaw
	Dessert	Dessert of the day
WEDNESDAY	W	Loaded Baked Potato Soup
	Out of the Oven	Roasted Leg of Lamb
		Citrus Chicken Breast, Roast Portobello Mushrooms,
	Something Else	Freekah & Quinoa Pulao grilled mediterranean vegetables
	Sandwich	Italian Sandwich on Focaccia
	Dessert	Dessert of the day
THURSDAY	T	Roasted Celery Root Soup
	Out of the Oven	Thyme Butter Basted Turkey Breast
		Garam Masala Spiced pork, Cilantro Chutney
	Something Else	Cardamom Scented Basmati Rice Garlic Roasted Green Beans
	Sandwich	Turkey Bacon, White Cheddar & Tomato Melt on 7 Grain
	Dessert	Dessert of the day
FRIDAY	F	Broccoli Cheddar Soup
	Out of the Oven	Trumpet mushroom crusted Salmon
		Chick Pea Battered Cod, Roasted Red Pepper Aioli
	Something Else	Corn Bread Pudding Baked spaghetti squash
	Sandwich	Grilled Eggplant, Pine Nuts, Tomato, & Parsley Hummus on Ciabatta
	Dessert	Dessert of the day