



MENU

CULINARY INNOVATIONS

M Braised Chicken, Eggplant
Olives & Chili peppers

T Pasole Soup

W Tofu, Green Pea "Meatballs"
Curry sauce FIT

T Asian Speciality

F Moroccan Beef, Mushroom
"Kefta" Meatball FIT

WELLNESS SPOTLIGHT

M Israeli Whole Wheat Cous Cous

T Black rice salad

W Grated Zucchini Salad
Pine Nut & Parmesan

T Vegetable Slaw
Sesame Hoisin Vinaigrette

F Traditional Cobb Salad

UPCOMING PROMOTIONS

breaklounge Special Events

To book your small parties please
Contact
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 September 9th, 2019

M MONDAY		Chicken Tortilla Soup
	Out of the Oven	Pan sear Pork chop, tomato, pepper, onion
		Herb Roasted Tilapia, Lemon & Tomato Relish
	Something Else	Rice pilaf Gingered Snow Peas
	Sandwich	Grilled Chicken Wrap, Corn & Black Bean Salad, Avocado
	Dessert	Dessert of the day
T TUESDAY		Pasole Chicken soup
	Out of the Oven	Carne asada, Salsa verde Chicken sandiego
	Something Else	Mix vegetable Rice Roasted Cauliflower
		Sandwich
	Dessert	Dessert of the day
W WEDNESDAY		Chickpeas & Tomato soup
	Out of the Oven	Chicken tikka Masala Lamb Coconut curry
	Something Else	Green Peas Rice / Naan Bread Tofu, Green Pea "Meatballs" Curry sauce
		Sandwich
	Dessert	Dessert of the day
T THURSDAY		Egg Drop Soup
	Out of the Oven	General Tso Chicken, Peppers & Onions Chili Glazed beef, Scallion-Sesame Topping
	Something Else	White Rice Sesame Scented Baby Bok Choy
		Sandwich
	Dessert	Chocolate dip Fortune Cookies
F FRIDAY		Loaded Baked Potato Soup
	Out of the Oven	Moroccan Beef, Mushroom "Kefta" Meatball FIT Chicken Cordon Bleu, Whole Grain Mustard Cream Sauce
	Something Else	Herb Roasted Potatoes Grilled Asparagus, Balsamic Glaze
		Sandwich
	Dessert	Dessert of the day