SAIC

School of the Art Institute of Chicago

THIS WEEK

November 2-6

DAILY PASTA BAR

Penne VG
Farfalle VG
Rotini VG
Cheese Tortellini V
Marinara VG
Meat Sauce
Pesto Sauce VG
Creamy Tomato V
Garlic Bread V
Dinner Rolls V

Gluten Free Rolls & Bread Available Upon Request

M

LUNCH
Cajun Chicken
Parsley Red Potatoes VG
Garlic Brussels Sprouts VG
Dinner Rolls VG

Soup – All day Cream of Mushroom V

DINNER
Beef Meatballs
Italian Sausage
Baked Tofu VG

T

LUNCH
Chicken Stir-Fry
Vegan Fried Rice VG
Shrimp Fried Rice
Vegetarian Egg Rolls VG

Soup – All day Broccoli Cheese V

DINNER
Cheese Manicotti V
Garlic Bread V
Marinara Meatballs

W

LUNCH
Chicken Parmesan
Baked Garlic Tofu VG
Roasted Cremini Mushrooms VG
Steamed Broccoli VG

Soup – All day Chicken Noodle Soup

DINNER
Tofu Stir Fry VG
Shrimp Stir Fry VG
Steamed White Rice V

Th

LUNCH
Breaded Catfish & Tartar Sauce
Chive Mashed Potatoes V
Roasted Vegetables VG

Soup – All day White Bean & Kale Soup VG

DINNER
Stuffed Cheese Shells V
Garlic Bread V
Italian Sausage

F

LUNCH
Fried Chicken
Mac & Cheese
BBQ Tofu Sticks VG
Roasted Corn VG

Soup – All day Cream of Mushroom Vegetarian

DINNER
Beef Meatballs
Italian Sausage
Baked Tofu Vegan

HANDCUT FOODS