

# MIENNU

Week of  
October 1 – October 5

## Whole + Sum

Choice + Flavor ≤ 600 Calories

T Asian Foods

TH Indian Foods

## FIT BREAKFAST INNOVATIONS

M Apple Cinnamon Oatmeal

T Vegetable Egg White Thin Flat

W Yogurt, Fruit, Granola Parfait

T Omelet Mushroom, Pepper

F Egg Beater Scramble

## New FIT Criteria

Full Meals ≤ 600 Calories

Entrée ≤ 400 Calories

Side Dish ≤ 200 Calories

## Superfood – Whole Grains

TH Tomato, Brown Basmati Rice FIT

## CHALKBOARD SAVINGS All Week

FIT Soup and FIT Half Sandwich  
Special!

## Culinary Theater

M Penne Roasted Tomato Eggplant

T Chicken Satay, Peach Curry  
Chutney

W Grilled Buffalo Chicken Salad

TH Curried Black Pepper Tilapia

F Thai Coconut Red Curry,  
Chicken, Eggplant

## WEEKLY SPECIALS MENU

This weekly menu provides the daily specials at each station in your café. Visit your café at breakfast and lunch for a variety of offerings at each station – both FIT and non-FIT!

## M

Soup Southwestern Vegetable FIT

CORN FLAKE CRUSTED CHICKEN BREAST FIT

Roasted Butternut Squash FIT

Steamed Spinach Sautéed Garlic

Between the Bread Tuna, White Bean, Butter Lettuce FIT

Fire It Up Sundried Tomato Chicken Burger FIT

Culinary Theater Penne, Roasted Tomato, Eggplant FIT

## T

Soup Tomato, Roasted Garlic, Eggplant FIT

OLD FASHIONED MEATLOAF

Roasted Mushrooms FIT

Steamed Broccoli FIT

Between the Bread Chicken Artichoke Pesto, Mozzarella Tomato FIT

Fire It Up Cajun Chicken Burger FIT

Whole + Sum Chicken Satay, Peach Curry Chutney FIT

Brown Rice FIT

Napa Salad, Orange Almond Dressing FIT

Braised Bok Choy, Sesame Seed FIT

Jicama Kale Slaw FIT

## W

Soup Vegetarian Split Pea FIT

PAN SEARED CHICKEN MARSALA FIT

Steamed Brown Rice FIT

Steamed Asparagus FIT

Between the Bread Grilled Chicken Greek Salad Sandwich FIT

Fire It Up Grilled Portobello, Goat Cheese, Pesto FIT

Culinary Theater Grilled Buffalo Chicken Salad FIT

## T

Soup Vegetable Minestrone FIT

CHICKEN PARMESAN

Whole Wheat Penne FIT

Balsamic Roasted Eggplant FIT

Between the Bread Turkey, Cranberry Apple Relish, Cheddar FIT

Fire It Up Lemon Pepper Grilled Chicken FIT

Whole + Sum Curried Black Pepper Tilapia FIT

Tomato Basmati Rice FIT

Cauliflower Mixed Vegetable FIT

Seasoned Zucchini FIT

Tomato Onion Salad FIT

## F

Soup Spicy Chicken Roasted Vegetable FIT

GRILLED PORK CHOP, LOCAL APPLE CHUTNEY

Oven Baked Sweet Potatoes, Pecans FIT

Caramelized Carrots, Maple Syrup FIT

Between the Bread Chicken Breast, Spinach, Tomato, Balsamic FIT

Fire It Up Grilled Roast Beef, Swiss, Roasted Pepper Panini FIT

Culinary Theater Thai Coconut Red Curry, Chicken, Eggplant FIT