



## 2013 MENU

### SANDWICHES -

Asiago Turkey Sandwich – Roasted Turkey, Asiago Cheese, Onion, Spinach, Artichoke Hearts, Plain Baguette

Bacon Chicken Salad – Chicken Salad, Bacon, Green Leaf Lettuce, Brioche Roll

Banh Mi – Chicken, Pickled Daikon, Cucumber, Mayonnaise, Butter, Sirachi Hot Sauce, Cilantro, Multigrain Hero

BBQ Beef Sandwich – Roast Beef, Cheddar Cheese, BBQ Onion Marmalade, Semolina Baguette

BBQ Chicken Sandwich – BBQ Chicken, Low Fat Swiss Cheese, Green Leaf Lettuce, Tomato, Bleu Cheese Dressing, Multigrain Roll

Beet & Goat Cheese – Beets, Arugula, Pesto, Oranges, Goat Cheese, Dried Cranberries, Black Olives, Balsamic, Onion Brioche

Black Forest Ham & Muenster – Black Forest Ham, Muenster Cheese, Green Leaf Lettuce, Tomato, Grainy Mustard, Multigrain Roll

Black Forest Ham & Swiss – Black Forest Ham, Swiss Cheese, Green Leaf Lettuce, Tomato, Honey Dijon, Pumpernickel Roll

Buffalo Chicken Sandwich – Buffalo Chicken, Green Leaf Lettuce, Tomato, Bleu Cheese, Brioche

Chicken Salad Sandwich – Chicken Salad, Red Onions, Tomato, Ciabatta

Chicken Salad Croissant – Chicken Salad, Green Leaf Lettuce, Tomato, Croissant

Chicken Margherita – Chicken Breast, Mozzarella Cheese, Lettuce, Tomato & Basil Mayo, Ciabatta

Chicken Provolone Sandwich – Chicken Breast, Provolone Cheese, Tomato & Herb Pesto Mayo on Ciabatta

Classic Reuben – Corned Beef, Swiss Cheese, Sauerkraut, Russian Dressing, Rye Bread

Club Sandwich – Rotisserie Turkey, Ham, Swiss Cheese, Green Leaf Lettuce, Tomato, Honey Mustard, Pumpernickel Roll



## 2013 MENU

### SANDWICHES –

Corned Beef & Swiss – Corned Beef, Swiss Cheese, Green Leaf Lettuce, Tomato, Mustard, Rye Bread

Cuban – Roasted Pork, Ham, Swiss Cheese, Pickles, Mustard, Semolina Baguette

Egg Salad with Fresh Dill – Egg Salad with Dill & Lettuce on Pumpernickel Sliced Bread

Genoa Salami & Mozzarella – Genoa Salami, Mozzarella Cheese, Roasted Red Peppers, Sun-Dried Tomato Puree, Ciabatta

Gluten Free Tuna Salad – Tuna Salad, Green Leaf Lettuce, Tomato, Gluten Free Roll

Gluten Free Turkey – Turkey, Green Leaf Lettuce, Tomato, Gluten Free Roll

Grilled Chicken & Brie – Grilled Chicken, Brie Cheese, Green Leaf Lettuce, Tomato, Basil Pesto, Focaccia Roll

Grilled Chicken & Cheddar – Grilled Chicken, Cheddar Cheese, Green Leaf Lettuce, Tomato, Honey Mustard, Ciabatta

Grilled Portabella Mushroom – Portabella Mushroom, Mozzarella Cheese, Arugula, Sun-Dried Tomato Puree, Ciabatta

Ham & Cheddar – Virginia Ham, Cheddar Cheese, Green Leaf Lettuce, Tomato, Honey Dijon Mustard, Brioche

Ham & Gruyere – Ham, Gruyere & Butter on Plain Baguette

Ham & Provolone – Honey Ham, Provolone Cheese, Tomato & Honey Mustard, Brioche

Ham & Swiss – Ham, Swiss Cheese, Green Leaf Lettuce, Tomato, Croissant

Ham & Brie – Ham, Brie Cheese, Green Leaf Lettuce, Tomato, Honey Mustard, Focaccia

Honey Turkey – Honey Turkey, Green Leaf Lettuce, Tomato, Roasted Pepper Aioli, Brioche

Italian Combo – Prosciutto, Genoa Salami, Capicola, Provolone Cheese, Green Leaf Lettuce, Tomato, Sun-Dried Tomato Puree, Semolina Baguette



## 2013 MENU

### SANDWICHES –

Lobster Club – Lobster, Mayonnaise, Old Bay Seasoning, Chives, Brioche Hero

Low Sodium Ham & Low Sodium Provolone – Low Sodium Ham, Provolone Cheese, Lettuce, Tomato & Herb Mayo on Multigrain Sliced Bread

Moroccan Chicken Sandwich – Chicken Breast, Harissa, Hummus & Cucumber on Multigrain Hero

Pastrami & Swiss – Pastrami, Swiss Cheese, Green Leaf Lettuce, Tomato, Rye Bread

Peanut Butter & Jelly – Grape or Strawberry Jelly White or Whole Wheat Sliced Bread

Pesto Chicken Caesar Salad – Chicken Breast, Sun-Dried Tomato Puree, Basil Pesto, Creamy Caesar Dressing, Romaine Lettuce, Semolina Baguette

Portabella – Portabella Mushroom, Provolone Cheese, Green Leaf Lettuce, Tomato, Pesto Mayo, Focaccia

Prosciutto & Mozzarella – Prosciutto, Mozzarella Cheese, Roasted Red Peppers, Sun-Dried Tomato Puree, Ciabatta

Roast Beef & Cheddar – Roast Beef, Cheddar Cheese, Green Leaf Lettuce, Tomato, Horseradish Sauce, Pretzel Roll

Roast Beef & Gruyere – Roast Beef, Gruyere Cheese, Green Leaf Lettuce, Tomato, Mustard, Rye Bread

Roasted Turkey with Mustard – Roasted Turkey, Lettuce, Tomato & Mustard on Whole Wheat Bread

Roasted Turkey & Swiss Sandwich – Roasted Turkey, Swiss Cheese, Lettuce, Tomato & Honey Mustard on Multigrain Hero

Salmon Cucumber – Smoked Salmon, Cucumber, Cream Cheese, Capers, Pumpernickel Sliced Bread

Shrimp Salad Sandwich- Shrimp Salad, Green Leaf Lettuce, Semolina Baguette

Smoked Norwegian Salmon – Smoked Salmon, tomato, cucumber, mustard, & Capers on Pumpernickel Roll



## 2013 MENU

### **SANDWICHES –**

Smoked Turkey Gouda - Smoked Turkey, Gouda Cheese, Lettuce, Tomato & Mayo on Marble Rye Bread

Smoked Turkey, Pear & Brie – Smoked Turkey, Sliced Pears, Brie Cheese & Arugula on Pumpernickel Sliced Bread

Smoked Turkey & Swiss – Smoked Turkey, Swiss Cheese, Green Leaf Lettuce, Tomato, Grainy Mustard, Multigrain Roll

Tomato, Basil & Mozzarella – Tomato, Basil Pesto & Mozzarella Cheese on Ciabatta

Tuna Salad Sandwich – Tuna Salad, Green Leaf Lettuce, Tomato, Ciabatta

Turkey with Cranberry Horseradish – Roasted Turkey, Yellow Cheddar Cheese & Cranberry Mayo horseradish relish on Cranberry Walnut Bread

Turkey & Pepper Jack – Rotisserie Turkey, Pepper Jack Cheese, Green Leaf Lettuce, Tomato, Honey Mustard, Multigrain Roll

Turkey – Turkey, Cheddar Cheese, Green Leaf Lettuce, Sliced White Bread

Tuscan Chicken – Chicken Breast, Roasted Red Peppers, Mixed Greens & Lemon Aioli on Rustic Ciabatta

Vegetarian – Yellow Squash, Zucchini, Eggplant, Mozzarella Cheese, Roasted Red Peppers, Balsamic Vinaigrette, Ciabatta

Vegetarian II – Yellow Squash, Zucchini, Eggplant, Mozzarella Cheese, Roasted Red Peppers, Basil Pesto Spread, Semolina Baguette

Chicken, Egg or Tuna Salad, Green Leaf Lettuce, Multigrain Sliced Bread



## 2013 MENU

### WRAPS -

BBQ Chicken – BBQ Chicken, Swiss Cheese, Tomato, BBQ Sauce, Roasted Red Pepper Wrap

Balsamic Chicken – Grilled Chicken, Mozzarella Cheese, Roasted Red Peppers, Green Leaf Lettuce, Balsamic Dressing, Plain Wrap

Black Forest Ham & Swiss – Black Forest Ham, Swiss Cheese, Lettuce, Mustard, Plain Wrap

Buffalo Chicken – Breaded Chicken, Buffalo Sauce, Celery, Green Leaf Lettuce, Tomato, Bleu Cheese Dressing, Tomato Wrap

Chicken Caesar – Grilled Chicken, Creamy Caesar Dressing, Romaine Lettuce, Garlic Pesto Wrap

Chicken Salad – Chicken Salad, Green Leaf Lettuce, Tomato, Roasted Pepper Wrap

Chick Pea – Curried Chick Peas, Cucumber, Mesclun, Mango Chili Chutney, Garlic Wrap

Grilled Chicken – Grilled Chicken, Pepper Jack Cheese, Lettuce, Tomato, Red Onions & Corn on Plain Wrap

Grilled Chicken BLT – Grilled Chicken, Turkey Bacon, Green Leaf Lettuce, Tomato, Whole Wheat Wrap

Grilled Portabella – Grilled Portabella Mushrooms, Mozzarella Cheese, Arugula, Sun-Dried Tomato Puree, Spinach Wrap

Honey Turkey – Honey Turkey, Green Leaf Lettuce, Tomato, Roasted Pepper Aioli, Sun-Dried Tomato Wrap

Mozzarella & Tomato – Mozzarella Cheese, Tomato, Basil Pesto Spread, Sun-Dried Tomato Wrap

Roast Beef & Cheddar – Roast Beef, Cheddar Cheese, Green Leaf Lettuce, Tomato, Horseradish Sauce, Roasted Red Pepper Wrap

Smoked Turkey & Swiss – Smoked Turkey, Swiss, Green Leaf Lettuce, Tomato, Whole Wheat Wrap

Spicy Vegetable – Roasted Sweet Potato, Shredded Carrots, Roasted Red Peppers, Baby Spinach, Honey Mustard, Spinach Wrap

Taco Salad – Roast Beef, Cheddar Cheese, Lettuce, Tomato, Salsa, Plain Wrap



## 2013 MENU

### **WRAPS -**

Tandoori Chicken Wrap – Chicken, Tandoori Seasoning, Mesclun, Whole Wheat Wrap

Thai Chicken – Spicy Thai Chicken, Red Bell Peppers, Shredded Mixed Greens, Red Cabbage, Cucumbers, Thai Chili Dressing, Garlic Wrap

Thai Shrimp – Shrimp, Red Cabbage, Carrots, Thai Chili Sauce, Sun-Dried Tomato Wrap

Tuna – Tuna Salad, Green Leaf Lettuce, Tomato, Plain Wrap

Turkey Club – Rotisserie Turkey, Bacon, Green Leaf Lettuce, Tomato, Mayonnaise, Plain Wrap

Turkey Cobb – Turkey, Bacon, Tomato, Blue Cheese Dressing, Lettuce & Hard Boiled Egg on Plain Wrap

Turkey & Pepper Jack – Roasted Turkey, Pepper Jack Cheese, Green Leaf Lettuce, Tomato, Honey Mustard, Sun-Dried Tomato Wrap

Grilled Vegetable – Zucchini, Yellow Squash, Roasted Red Peppers, Eggplant, Mozzarella, Basil Pesto, Spinach Wrap

### **BITES -**

Chicken Caesar Bites – Chicken Breast, Tomato, Lettuce, Creamy Caesar Dressing on Sun Dried Tomato Wrap

Ham & Swiss Bites – Ham, Swiss Cheese, Lettuce, Tomato & Mustard, Plain Wrap

Tomato & Mozzarella Bites – Tomato, Mozzarella Cheese, Lettuce & Basil Pesto, Roasted Red Pepper Wrap

Tuna Salad Bites – Tuna Salad, Lettuce & Tomato on Spinach Wrap

Turkey & Smoked Gouda Bites – Turkey, Gouda Cheese, Lettuce, Tomato & Mayo on Plain Wrap



## 2013 MENU

### PANINI -

BBQ Chicken - BBQ Chicken, Cheddar Cheese, Tomato, BBQ Aioli, Southwest Panini

Buffalo Chicken - Buffalo Chicken, Pepper Jack Cheese, Tomato, Bleu Cheese, Southwest Panini

Caprese - Fresh Mozzarella, Vine-Ripened Tomato, Roasted Red Peppers, Basil Pesto, Plain Panini

Cheesesteak - Roast Beef, Provolone Cheese, Sautéed Peppers & Onions, Plain Panini

Chicken Parmesan - Breaded Chicken Cutlet, Mozzarella Cheese, Marinara Sauce, Plain Panini

Chicken Fajita - Grilled Chicken Breast, Cheddar Cheese, Sautéed Peppers & Onions, Pico de Gallo, Southwest Panini

Classic Cuban - Ham, Roasted Pork, Swiss Cheese, Pickles, Grainy Mustard, Southwest Panini

Eggplant - Breaded Eggplant, Provolone Cheese, Roasted Red Peppers, Sun-Dried Tomato Puree, Plain Panini

Florentine - Grilled Chicken, Swiss Cheese, Spinach, Tomato, Pesto Mayo, Spinach Panini

French Turkey - Smoked Turkey, Brie Cheese, Arugula, Tomato, Orange Mayo, Tomato Panini

Grilled Vegetable - Eggplant, Yellow Squash, Roasted Red Peppers, Mozzarella, Spinach Panini

Honey Turkey - Honey Turkey, Cheddar Cheese, Red Onions, Tomato, Cranberry Dijonaise, Plain Panini

Italian BLT - Grilled Chicken, Bacon, Lettuce, Tomato, Balsamic Dressing, Tomato Panini

Italian Combo - Capicola, Genoa Salami, Provolone Cheese, Tomato, Basil Pesto, Tomato Panini

Monte Cristo - Roasted Turkey Breast, Black Forest Ham, Swiss Cheese, Tomato, Honey Mustard, Plain Panini



## 2013 MENU

### **PANINI -**

Naples - Breaded Chicken Cutlet, Mozzarella Cheese, Roasted Red Peppers, Tomato Panini

Pepperoni Pizza - Sliced Pepperoni, Mozzarella Cheese, Marinara Sauce, Plain Panini

Pesto Chicken - Grilled Chicken, Provolone Cheese, Basil Pesto, Tomato, Sun-Dried Tomato Puree, Tomato Panini

Portabella- Marinated Portabella Mushrooms, Sun-Dried Tomato Puree, Gorgonzola Cheese, Spinach Panini

Reuben - Corned Beef, Pastrami, Swiss Cheese, Sauerkraut, Thousand Island Dressing, Plain Panini

Steak Fajita - Roast Beef, Pepper Jack Cheese, Sautéed Peppers & Onion, Chipotle Mayo, Southwest Panini

### **BREAKFAST PANINI**

Bacon, Egg & Cheese on Sliced 8-Grain Bread

Egg & Cheese on Sliced 8-Grain Bread

Egg White, Turkey Bacon, Swiss on Sliced 8-Grain Bread

Egg White Florentine on Sliced 8-Grain Bread

Ham, Egg & Cheese on Sliced 8-Grain Bread

### **SALADS -**

Buffalo Chicken – Mesclun Greens, Buffalo Chicken, Celery, Blue Cheese Dressing

Caesar – Romaine Lettuce, Seasoned Croutons, Shredded Parmesan Cheese, Caesar Dressing





## 2013 MENU

### SALADS -

Chef – Mesclun Greens, Deluxe Ham, Swiss Cheese, Turkey, Hard Boiled Egg, Grape Tomato, Carrots, Celery, Ranch Dressing

Chicken Caesar – Romaine Lettuce, Grilled Chicken, Seasoned Croutons, Shredded Parmesan Cheese, Caesar Dressing

Chicken Milanese – Mesclun Greens, Chicken Breast, Cucumber, Grape Tomato & Carrots with Champagne Vinaigrette

Cobb – Mesclun Greens, Smoked Turkey, Hard Boiled Egg, Chopped Bacon, Bleu Cheese, Grape Tomato, Ranch Dressing

Fresh Mozzarella & Tomato – Mesclun, Tomato, Mozzarella Cheese, Balsamic Dressing

Garden Salad – Mesclun Greens, Grape Tomato, Cucumber, Green Peppers, Red Onions, Balsamic Vinaigrette

Greek – Mesclun Greens, Feta Cheese, Pitted Calamata Olives, Green Peppers, Pita Bread, Grape Tomato, Red Onions, Cucumber, Champagne Vinaigrette

Grilled Chicken – Mesclun Greens, Grilled Chicken, Avocado, Black Bean & Corn Salsa, Ranch Dressing

Grilled Chicken Paillard – Mesclun Greens, Grilled Chicken, Grape Tomato, Calamata Olives, Artichoke Hearts, Cucumber, Balsamic Vinaigrette

Grilled Salmon – Mesclun Greens, Grilled Salmon, Grape Tomato, Cucumber, Green Peppers, Red Onions, Champagne Vinaigrette

Cajun Shrimp – Mesclun Greens, Cajun Seasoned Shrimp, Grape Tomato, Black Bean & Mango Salsa, Italian Dressing

Grilled Vegetable – Mesclun Greens, Zucchini, Yellow Squash, Roasted Tomato & Parmesan Cheese with Balsamic Vinaigrette

Kale – Kale, Radish, Red Peppers, Scallions, Sesame Oriental Dressing

Mediterranean Sampler – Stuffed Grape Leaves, Carrots, Cucumbers, Calamata Olives, Hummus, Pita Chips, Pepperoncini

Pear & Walnut – Mesclun Greens, Pears, Walnuts, Bleu Cheese, Balsamic Vinaigrette

Roasted Turkey Salad – Mesclun, Turkey, Butternut Squash, Dried Cranberries, Radicchio, Walnuts, Champagne Vinaigrette



## 2013 MENU

Southwestern Chicken Salad – Mesclun Greens, BBQ Chicken, Pepper Jack Cheese, Black Beans, Chipotle Seasoned Corn, Pico de Gallo, Ranch Dressing

### SIDES-

Edamame Succotash – Edamame, Yellow Corn, Red Peppers, Scallions, Hot Sauce, Balsamic Dressing

Chicken Salad – Low Fat Chicken Salad

Macaroni Salad -

Pasta Pesto Salad – Penne, Grape Tomato, Mozzarella Cheese & Basil Pesto

Potato Salad

Side Caesar Salad – Romaine Lettuce, Croutons, Parmesan Cheese

Side Tossed Salad – Mesclun, Tomato, Carrot, Cucumber, Black Olives

Sweet & Sour Quinoa – Quinoa, Mango Chutney, Chick Peas, Red Peppers

Tortellini Salad – Tortellini, Sun Dried Tomato, Parmesan Cheese

Tuna Salad

### CUPS-

**Individual Fruit Cups** – Cantaloupe, Grapes, Honeydew, Pineapple or Strawberry (seasonal)

Fancy Mixed Fruit Cup – Honeydew, Cantaloupe, Pineapple, Strawberries

Mixed Fruit Cup – Honeydew, Cantaloupe, Grapes



## 2013 MENU

Jello – Green, Orange or Raspberry

Pudding – Chocolate, Rice or Vanilla

### **CUPS-**

Hard Boiled Eggs 2 Count

Hard Boiled Eggs 3 Count

Carrots, Celery & Dip

Cheese, Crackers & Grapes

Hummus & Pita

### **Parfaits**

Blueberry Yogurt – Blueberry Yogurt with Granola

Strawberry Yogurt – Strawberry Yogurt with Granola

Vanilla Yogurt – Vanilla Yogurt with Granola

Small Yogurt Parfait – Vanilla Yogurt, Blueberries, Granola

Large Yogurt Parfait – Vanilla Yogurt, Blueberries, Strawberries, Granola

Maple Banana Parfait – Vanilla Yogurt, Banana, Maple Syrup, Granola

Strawberry Banana Parfait – Vanilla Yogurt, Strawberries, Bananas, Granola