

MOUNTAIN VIEW CAFÉ



Grill Special of the Week

and

**Flatbread Special of the Week
are not available this week due
to cafeteria construction.**

Menu Symbol Key

- ♥ Heart Health
- ☾ Cooked with Alcohol
- gf Made without Gluten Ingredients
- ∨ Made Without Meat, Fish or Poultry
- P- Premium Entrée \$3.50



We buy from many local food producers & distributors.

**** Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.**

SUNDAY 10/13

∨ *Tomato Bisque Soup*
Pizza, Grab 'n Go Sandwiches & Salads
Chef's Specials

MONDAY 10/14

∨ *White Bean & Tomato Soup*
P- gf Grilled Jamaican Jerk Chicken with Pineapple Salsa
P- Haddock with Ritz Cracker Crumb Topping
gf Roasted Vegetable Medley
♥ gf Spinach with Shallots ∨ Wild Rice

TUESDAY 10/15

French Onion Soup
P-Burrito Bar: gf Choices of Beef or Chicken
gf Topping Bar: Sour Cream/ Salsa/ Black Beans
gf Pinto Beans / Peppers & Onions / Guacamole
gf White Rice
gf Corn and Peppers

WEDNESDAY 10/16

∨ *Mexican Black Bean Soup*
P- ∨ Falafel with Tzatziki Sauce on a Pita
P- Seafood Gumbo with White Rice
♥ gf Brussels Sprouts
♥ gf Summer Squash

THURSDAY 10/17

∨ *Mushroom and Wild Rice Soup*
P- Burgers, Veggie Burgers, Grilled Chicken,
Hot Dogs, Bratwurst served on a bun
gf Grilled Asparagus
gf Potato Salad gf Coleslaw

FRIDAY 10/18

Kale and Sausage Soup
P- Horseradish Crusted Cod
gf P-Roasted Pork Loin with Apple Chutney
Potato Wedges
♥ gf Kale
gf Roasted Vegetables

SATURDAY 10/19

Chicken with Spinach and Pesto Soup
Pizza, Grab 'n Go Sandwiches & Salads
Chef's Specials