

SVCC

AUGUST MENU

INDIVIUDAL BOXED LUNCHES



| AUGUST 3 rd | AUGUST 4 th | AUGUST 5 th | AUGUST 6 th | AUGUST 7 th |
|---|---|---|---|---|
| American & Peruvian | Teriyaki Bowls & Indian | Mexican & Italian | BBQ & Thai | Tacos & Mediterranean |
| (American) Protein: Baked Turkey Meatballs <i>Served with Roasted Sweet Potatoes Quarters & Balsamic Glazed Roasted Brussels Sprouts</i> | (Teriyaki) Protein: Chicken Stir Fry <i>Served with Steamed Short Grain White Rice & Roasted Carrots, Mushrooms, Broccoli, Red Bell Peppers & Snow Peas</i> | (Mexican) Protein: Beef & Cheddar Cheese Enchiladas <i>Served with Cilantro Rice & Chile-Lime Roasted Vegetables</i> | (BBQ) Protein: Spiced Rubbed BBQ Tri Tip <i>Served with Mashed Potatoes & Grilled Red Onions, Jalapenos, Asparagus & Tri Colored Bell Peppers</i> | (Tacos) Protein: Grilled Steak with White Onions & Bell Peppers <i>Served with Spanish Rice & Black Beans</i> |
| (Peruvian) Protein: Cumin Roasted Chicken with Onions & Bell Peppers <i>Served with Creamy Coconut Rice & Roasted Green Beans, Cherry Tomatoes & Zucchini</i> | (Indian) Protein: Ginger Beef & Potato Masala <i>Served with Turmeric Rice & Bombay Mustard Seed with Green Beans</i> | (Italian) Protein: Herb Roasted Pork <i>Served with Garlic Mashed Potatoes with Parsley & Roasted Broccoli & Asparagus with Garlic Herb Olive Oil</i> | (Thai) Protein: Creamy Thai Peanut Chicken <i>Served with Garlic & Dried Red Chili Rice and Ginger & Thai Basil Steamed Vegetables</i> | (Mediterranean) Protein: Slow Cooked Red Pepper Chicken with Tomatoes <i>Served with Saffron Rice & Roasted Potatoes, Red Onions, Eggplants & Peppers</i> |
| (Peruvian) Vegetarian: Roasted Tofu & Vegetable Stir-Fry <i>Served with Creamy Coconut Rice & Roasted Green Beans, Cherry Tomatoes & Zucchini</i> | (Teriyaki) Vegetarian: Crispy Baked Teriyaki Glazed Tofu Cubes, with Scallion <i>Served with Served with Turmeric Rice & Bombay Mustard Seed with Green Beans</i> | (Mexican) Vegetarian: Butternut Squash and Black Bean Enchiladas <i>Served with Cilantro Rice & Chile-Lime Roasted Vegetables</i> | (BBQ) Vegetarian: Quinoa Stuffed Zucchini Squash Boats <i>Served with Mashed Potatoes & Grilled Red Onions, Jalapenos, Asparagus & Tri Colored Bell Peppers</i> | (Mexican) Vegetarian: Taco Seasoned Brussels Sprouts with Poblano Peppers & Cilantro Salsa <i>Served with Spanish Rice & Black Beans</i> |
| <u>Sandwich</u> Turkey <i>Side Green Salad</i> | <u>Sandwich</u> Chicken & Prosciutto <i>Side Green Salad</i> | <u>Sandwich</u> Chicken & Mozzarella <i>Side Green Salad</i> | <u>Sandwich</u> Italian Salami & Black Forest Ham <i>Side Green Salad</i> | <u>Sandwich</u> Vegetarian <i>Side Green Salad</i> |
| <u>Salad</u> Spinach Salad | <u>Salad</u> Caesar Salad | <u>Salad</u> Mango Arugula Salad | <u>Salad</u> Southwest Salad | <u>Salad</u> Mediterranean Chopped Salad |

| AUGUST 10TH | AUGUST 11TH | AUGUST 12TH | AUGUST 13TH | AUGUST 14TH |
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| Burgers & Chinese | Indian & California | Italian & South American | Asian & Mexican | American & Thai |
| (Burgers) Protein: Buttermilk Fried Chicken Patties <i>Served with Onion Rings</i> | (Indian) Protein: Garam Masala Spiced Roasted Chicken <i>Served with Basmati Rice with Cilantro & Ginger & Garlic Roasted Vegetables</i> | (Italian) Protein: Italian Herbed Pork Chops with Squash & Red Bell Peppers <i>Served with Garlic Parmesan Mashed Potatoes with Parsley & Grilled Asparagus with Mushrooms</i> | (Asian) Protein: Spicy Garlic Chicken <i>Served with Fried Rice & Spicy Roasted Asian Green Beans</i> | (American) Protein: Broccoli & Cheddar Cheese Stuffed Chicken Breast <i>Served with Mashed Red Potatoes & Roasted Carrots & Brussels Sprouts</i> |
| (Chinese) Protein: Yu Shang Pork with Bamboo Shoots & Mushrooms <i>Served with Steamed White Rice & Spicy Garlic Seasonal Vegetables</i> | (California) Protein: Ketchup & Worcestershire Glazed Meatloaf <i>Served with Roasted Red Rosemary Potatoes & Red Pepper Flakes Roasted Broccoli</i> | (South American) Protein: Peruvian Adobo Chicken <i>Served with Cilantro Rice & Herb Roasted Carrots & Brussels Sprouts</i> | (Mexican) Protein: Shredded Guajillo Beef Enchiladas Rojas <i>Served with Cilantro Rice & Spicy Cauliflower with Cilantro</i> | (Thai) Protein: Thai Peanut Beef with Green Beans <i>Served with Thai Mushrooms Fried Rice & Spicy Thai Basil Vegetable Stir Fry</i> |
| (Chinese) Vegetarian: Kung Pao Tofu <i>Served with Steamed White Rice & Spicy Garlic Seasonal Vegetables</i> | (California) Vegetarian: Spaghetti Aglio e Olio <i>Served with Roasted Red Rosemary Potatoes & Red Pepper Flakes Roasted Broccoli</i> | (Italian) Vegetarian: Pesto Penne Pasta with Cherry Tomatoes & Fresh Basil <i>Served with Garlic Parmesan Mashed Potatoes with Parsley & Grilled Asparagus with Mushrooms</i> | (Mexican) Vegetarian: Baked Chili Rellenos with Black Beans, Corn & Mozzarella Cheese <i>Served with Cilantro Rice & Spicy Cauliflower with Cilantro</i> | (American) Vegetarian: Plant Based Sausages with Caramelized Onions & Bell Peppers <i>Served with Mashed Red Potatoes & Roasted Carrots & Brussels Sprouts</i> |
| <u>Sandwich</u> | <u>Sandwich</u> | <u>Sandwich</u> | <u>Sandwich</u> | <u>Sandwich</u> |
| Turkey <i>Side Green Salad</i> | Chicken & Prosciutto <i>Side Green Salad</i> | Chicken & Mozzarella <i>Side Green Salad</i> | Italian Salami & Black Forest Ham <i>Side Green Salad</i> | Vegetarian <i>Side Green Salad</i> |
| <u>Salad</u> | <u>Salad</u> | <u>Salad</u> | <u>Salad</u> | <u>Salad</u> |
| Greek Salad | Mediterranean Chickpea Salad | Caesar Salad | Spinach & Faro Salad | Greens & Apples Salad |

| AUGUST 17th | AUGUST 18th | AUGUST 19th | AUGUST 20th | AUGUST 21ST |
|--|---|---|--|---|
| Pasta Lovers & Greek | Japanese & Burger Bar | Burrito Bowls & BBQ | Southern & Peruvian | Italian & Indian |
| (Pasta Lovers) Protein: Chicken Marsala with Cherry Tomatoes & Mushrooms Served with Garlic Mashed Potatoes & Roasted Italian Vegetables | (Japanese) Protein: Japanese Style Sesame Chicken with Cabbage <i>Served with Short Grain Rice & Japanese Style Green Beans with Sesame seeds</i> | (Burrito Bowls) Protein: Shrimp Fajitas with Peppers & Onions <i>Served with Spanish Rice & Pinto Beans</i> | (Southern) Protein: Smothered Pork Chops <i>Served with Garlic Mashed Potatoes & Caramelized Brussels Sprouts</i> | (Italian) Ground Mustard & Rosemary Roasted Leg of Lamb <i>Served with Roasted Rosemary Red Potatoes & Garlic Thyme Roasted Carrots</i> |
| (Greek) Protein: Lamb Kleftiko Served with Dill Rice & Greek Ratatouille | (Burger) Protein: Black Bean Burgers <i>Served with Waffle Fries</i> | (BBQ) Protein: Sheet Pan Honey BBQ Chicken & Veggies <i>Served Loaded Mashed Potatoes & Grilled Corn Pieces</i> | (Southern) Vegetarian: Beyond Meat Cajun Sausage Fettuccine <i>Served with Garlic Mashed Potatoes & Caramelized Brussels Sprouts</i> | (Indian) Protein: Butter Chicken <i>Served with Vegetable Biryani with Fried Onions & Garam Masala Roasted Vegetables</i> |
| (Italian) Vegetarian: Mushroom Ravioli Served with Garlic Mashed Potatoes & Roasted Italian Vegetables | (Burger) Vegetarian: Black Bean Burgers <i>Served with Waffle Fries</i> | (Burrito Bowls) Vegetarian: Spicy Chipotle Tofu Sofritas <i>Served with Spanish Rice & Pinto Beans</i> | (Peruvian) Vegetarian: Peruvian-Spiced Roasted Chicken <i>Served with Cilantro Rice & Black Bean Rice</i> | (Italian) Vegetarian: Mushroom Ravioli with Spinach & Cherry Tomatoes <i>Served with Roasted Rosemary Red Potatoes & Garlic Thyme Roasted Carrots</i> |
| <u>Sandwich</u> Turkey <i>Side Green Salad</i> | <u>Sandwich</u> Chicken & Prosciutto <i>Side Green Salad</i> | <u>Sandwich</u> Chicken & Mozzarella <i>Side Green Salad</i> | <u>Sandwich</u> Italian Salami & Black Forest Ham <i>Side Green Salad</i> | <u>Sandwich</u> Vegetarian <i>Side Green Salad</i> |
| <u>Salad</u> Spinach Salad | <u>Salad</u> Caesar Salad | <u>Salad</u> Mango Arugula Salad | <u>Salad</u> Southwest Salad | <u>Salad</u> Mediterranean Chopped Salad |

| AUGUST 24 th | AUGUST 25 th | AUGUST 26 th | AUGUST 27 th | AUGUST 28 th |
|---|--|---|---|--|
| American & Chinese | California & Thai | Mexican & Mediterranean | Korean & Italian | Peruvian & BBQ |
| (American) Protein: Potato & Carrots Beef Stew <i>Served with Rice Pilaf & Roasted Green Beans & Zucchini</i> | (California) Protein: Roasted Garlic Rosemary Baked Meatballs <i>Served with Cauliflower Mashed Potatoes & Roasted Brussels Sprouts with Bacon</i> | (Mediterranean) Protein: Chicken Skewers <i>Served with Wild Rice & Seasonal Sautéed Vegetables</i> | (Korean) Crispy Korean Chicken <i>Served with Steamed White Rice & Sautéed Spinach with Garlic & Chilis</i> | (Peruvian) Protein: Adobo Chicken <i>Served with Cilantro Rice & Roasted Seasonal Vegetables</i> |
| (Indian) Protein: Butter Chicken <i>Served with Vegetable Biryani with Fried Onions & Garam Masala Roasted Vegetables</i> | (Thai) Protein: Ginger Chicken Stir Fry <i>Served with Steamed White Rice & Thai Spiced Squash with Crispy Shallots</i> | (Mexican) Protein: Grilled Steak & Caramelized Onions <i>Served with Spanish Rice & Pinto Beans</i> | (Italian) Braised Beef Ragu Fettucine | (BBQ) Protein: Grilled BBQ Beef <i>Served with Garlic Thyme, Mashed Red Potatoes & Crispy Brussels Sprouts</i> |
| (Chinese) Vegetarian: Mongolian Tofu with Scallion & Ginger <i>Served with Steamed White Rice & Sautéed Garlic Chinese Broccoli</i> | (California) Vegetarian: Pesto Tortellini <i>Served with Cauliflower Mashed Potatoes & Roasted Brussels Sprouts with Bacon</i> | (Mexican) Vegetarian: Taco Seasoned Cauliflower Bites <i>Served with Spanish Rice & Pinto Beans</i> | (Korean) Vegetarian: Baked Korean Tofu & Green Beans <i>Served with Steamed White Rice & Sautéed Spinach with Garlic & Chilis</i> | (Peruvian) Vegetarian: Roasted Stuffed Zucchini Boats <i>Served with Cilantro Rice & Roasted Seasonal Vegetables</i> |
| <u>Sandwich</u> | <u>Sandwich</u> | <u>Sandwich</u> | <u>Sandwich</u> | <u>Sandwich</u> |
| Turkey <i>Side Green Salad</i> | Chicken & Prosciutto <i>Side Green Salad</i> | Chicken & Mozzarella <i>Side Green Salad</i> | Italian Salami & Black Forest Ham <i>Side Green Salad</i> | Vegetarian <i>Side Green Salad</i> |
| <u>Salad</u> | <u>Salad</u> | <u>Salad</u> | <u>Salad</u> | <u>Salad</u> |
| Greek Salad | Mediterranean Chickpea Salad | Caesar Salad | Spinach & Faro Salad | Greens & Apples Salad |

AUGUST 31ST

Spanish & Chinese

(Spanish) Protein: Sausage & Chicken Paella
Served with Mixed Vegetables

(Chinese) Protein: Orange Chicken
Served with Fried Rice and Steamed Vegetables

(Spanish) Vegetarian: Beyond Meat Sausage & Chicken Paella
Served with Mixed Vegetables

Sandwich

Chicken & Prosciutto
Side Green Salad

Salad

Caesar Salad