

# SVCC

OCTOBER MENU

INDIVIDUAL BOXED LUNCHES



SEPTEMEBER 28 <sup>th</sup>	SEPTEMEBER 29 <sup>th</sup>	SEPTEMBER 30 <sup>th</sup>	October 1 <sup>st</sup>	October 2 <sup>nd</sup>
<b>BBQ</b>	<b>American</b>	<b>Peruvian</b>	<b>Pasta</b>	<b>Thai</b>
<b>Ancho Chili Baby Back Ribs</b> <i>Served with Mashies Potatoes &amp; Grilled Red Onions, Jalapeños, Asparagus &amp; Tri Colored Bell Peppers</i>	<b>Broccoli &amp; Cheddar Stuffed Chicken Breasts</b> <i>Served with Red Mashed Potatoes &amp; Roasted Carrots &amp; Brussels Sprouts with Shallots</i>	<b>Lomo Saltado</b> <i>Served with Creamy Coconut Rice &amp; Roasted Green Beans, Cherry Tomatoes &amp; Zucchini</i>	<b>Spaghetti &amp; Meatballs</b> <i>Served with roasted vegetables</i>	<b>Thai Peanut Chicken</b> <i>Served with coconut rice and Thai spice roasted vegetables</i>
<b>(Vegetarian/Vegan)</b> <b>Quinoa Stuffed Zucchini Boats</b> <i>Served with Mashies Potatoes &amp; Grilled Red Onions, Jalapeños, Asparagus &amp; Tri Colored Bell Peppers</i>	<b>(Vegetarian/Vegan)</b> <b>Beyond Meat Sausages with Onions &amp; Bell Peppers</b>	<b>(Vegetarian/Vegan)</b> <b>Tofu Saltado</b> <i>Served with Creamy Coconut Rice &amp; Roasted Green Beans, Cherry Tomatoes &amp; Zucchini</i>	<b>(Vegetarian/Vegan)</b> <b>Pesto Tortellini</b> <i>Served with roasted vegetables</i>	<b>(Vegetarian/Vegan)</b> <b>Thai Peanut Beyond Meat Chicken</b> <i>Served with coconut rice and Thai spice roasted vegetables</i>
<b>Burrito Bowls</b>	<b>Italian</b>	<b>Chinese</b>	<b>Southern</b>	<b>Japanese</b>
<b>Garlic Lime Grilled Chicken with Achiote Paste</b> <i>Served with Cilantro Rice &amp; Black Beans, Chips &amp; Salsa</i>	<b>Sage &amp; Rosemary Baked Chicken</b> <i>Served with Mashed Potatoes &amp; Roasted Seasonal Vegetables</i>	<b>Orange Chicken</b> <i>Served with Steamed White Rice &amp; Steamed Mixed Vegetables</i>	<b>Fried Chicken</b> <i>Served garlic mashed potatoes &amp; roasted carrots</i>	<b>Teriyaki Grilled Chicken</b> <i>Served with steamed white rice &amp; steamed vegetables</i>
<b>(Vegetarian/Vegan)</b> <b>Spicy Chipotle Tofu Sofritas</b> <i>Served with Cilantro Rice &amp; Black Beans, Chips &amp; Salsa</i>	<b>(Vegetarian/Vegan)</b> <b>Beyond Meat Sage &amp; Rosemary Baked Chicken</b> <i>Served with Mashed Potatoes &amp; Roasted Seasonal Vegetables</i>	<b>(Vegetarian/Vegan)</b> <b>Orange Tofu</b> <i>Served with Steamed White Rice &amp; Steamed Mixed Vegetables</i>	<b>(Vegetarian/Vegan)</b> <b>Blackened Tempeh</b> <i>Served with Garlic Mashed Potatoes &amp; Roasted Carrots</i>	<b>(Vegetarian/Vegan)</b> <b>Beyond Meat Teriyaki Grilled Chicken</b> <i>Served with steamed white rice &amp; steamed vegetables</i>

October 5 <sup>th</sup>	October 6 <sup>th</sup>	October 7 <sup>th</sup>	October 8 <sup>th</sup>	October 9 <sup>th</sup>
<b>Spanish</b>	<b>Indian</b>	<b>French</b>	<b>Burgers</b>	<b>Thai</b>
<b>Char Grilled Steak</b> <i>Served with pinto beans &amp; cilantro rice</i>	<b>Chicken Tikka Masala</b> <i>Served with basmati rice, &amp; curry roasted cauliflower</i>	<b>Chicken Cordon Bleu</b> <i>Served with creamy mashed potatoes and rosemary roasted root vegetables</i>	<b>Angus Beef Burger</b> <i>Served with lettuce, tomatoes, onions, American cheese, brioche bun, &amp; crispy onion rings</i>	<b>Thai Peanut Chicken</b> <i>Served with coconut rice and Thai spice roasted vegetables</i>
<b>(Vegetarian/Vegan)</b> <b>Vegetarian Enchiladas</b> <i>Served with pinto beans &amp; cilantro rice</i>	<b>(Vegetarian/Vegan)</b> <b>Tofu Tikka Masala</b> <i>Served with basmati rice, &amp; curry roasted cauliflower</i>	<b>(Vegetarian/Vegan)</b> <b>Beyond Meat Chicken Cordon Bleu</b> <i>Served with creamy mashed potatoes and rosemary roasted root vegetables</i>	<b>(Vegetarian/Vegan)</b> <b>Vegan Garden Burger</b> <i>Served with lettuce, tomatoes, onions, vegan cheese, vegan ciabatta bread, &amp; crispy onion rings</i>	<b>(Vegetarian/Vegan)</b> <b>Thai Peanut Beyond Meat Chicken</b> <i>Served with coconut rice and Thai spice roasted vegetables</i>
<b>Chinese</b>	<b>Mexican</b>	<b>BBQ</b>	<b>Korean</b>	<b>Japanese</b>
<b>Kung Pao Chicken</b> <i>Served with steamed white rice &amp; spicy Szechuan green beans</i>	<b>Pollo Asado</b> <i>Served with Spanish rice and vegetable fajitas</i>	<b>Beef Brisket</b> <i>Served with macaroni &amp; cheese, and roasted potatoes</i>	<b>Korean Chicken</b> <i>Served with steamed white rice, and sautéed spinach with garlic and chili's</i>	<b>Teriyaki Grilled Chicken</b> <i>Served with steamed white rice &amp; steamed vegetables</i>
<b>(Vegetarian/Vegan)</b> <b>Kung Pao Chicken</b> <i>Served with steamed white rice &amp; spicy Szechuan green beans</i>	<b>(Vegetarian/Vegan)</b> <b>Chipotle Roasted Tofu</b> <i>Served with Spanish rice and vegetable fajitas</i>	<b>(Vegetarian/Vegan)</b> <b>Baked BBQ Tofu</b> <i>Served with macaroni &amp; cheese, and roasted potatoes</i>	<b>(Vegetarian/Vegan)</b> <b>Baked Korean Tofu &amp; Green Beans</b> <i>Served with steamed white rice, and sautéed spinach with garlic and chili's</i>	<b>(Vegetarian/Vegan)</b> <b>Beyond Meat Teriyaki Grilled Chicken</b> <i>Served with steamed white rice &amp; steamed vegetables</i>

October 12 <sup>th</sup>	October 13 <sup>th</sup>	October 14 <sup>th</sup>	October 15 <sup>th</sup>	October 16 <sup>th</sup>
<b>Mediterranean</b>	<b>American</b>	<b>Mexican</b>	<b>Korean</b>	<b>Indian</b>
<b>Oven Roasted Beef Shawarma</b> <i>Turmeric Rice &amp; Roasted Vegetables</i>	<b>Pulled Pork Sandwich</b> <i>Garlic Fries &amp; Slaw</i>	<b>Chicken Tinga</b> <i>Served with Spanish Rice &amp; Black Beans</i>	<b>Korean Beef Short Ribs</b> <i>Kimchi, Fried Rice, Long Beans &amp; Peppers</i>	<b>Tandoori Chicken</b> <i>Pea Pulao &amp; Tawa Vegetables</i>
<b>(Vegetarian/Vegan)</b> <b>Plant Based Beef &amp; Potatoes</b> <i>Turmeric Rice &amp; Roasted Vegetables</i>	<b>(Vegetarian/Vegan)</b> <b>Tempeh Sandwich</b> <i>Garlic Fries &amp; Slaw</i>	<b>(Vegetarian/Vegan)</b> <b>Taco Seasoned Plant Based Chicken &amp; Cauliflower Bites</b> <i>Served with Spanish Rice &amp; Black Beans</i>	<b>(Vegetarian/Vegan)</b> <b>Crispy Tofu</b> <i>Bell Peppers, Brown Rice &amp; Soybeans</i>	<b>(Vegetarian/Vegan)</b> <b>Eggplant Curry</b> <i>Pea Pulao &amp; Tawa Vegetables</i>
<b>Jamaican</b>	<b>Italian</b>	<b>Cajun</b>	<b>California</b>	<b>Southern</b>
<b>Jerk Chicken</b> <i>Rice, Beans &amp; Grilled Corn with Sweet Potatoes</i>	<b>Garlic Parmesan Chicken Lasagna</b> <i>Roasted Vegetables &amp; Garlic Bread</i>	<b>Fried Catfish</b> <i>Cajun Spiced Corn, Potatoes, &amp; Kale</i>	<b>BBQ Meatballs</b> <i>Mashed Potatoes &amp; Roasted Green Beans</i>	<b>Pork Chops</b> <i>Dirty Rice, Kale &amp; Tomatoes</i>
<b>(Vegetarian/Vegan)</b> <b>Jerk Tofu</b> <i>Rice, Beans &amp; Grilled Corn with Sweet Potatoes</i>	<b>(Vegetarian/Vegan)</b> <b>Mushroom Ravioli</b> <i>Spinach &amp; Cherry Tomatoes</i>	<b>(Vegetarian/Vegan)</b> <b>Creole Okra Tomatoes</b> <i>Cajun Spiced Corn, Potatoes &amp; Kale</i>	<b>(Vegetarian/Vegan)</b> <b>Green Bean Casserole</b> <i>Mashed Potatoes</i>	<b>(Vegetarian/Vegan)</b> <b>Jackfruit Jambalaya</b> <i>Dirty Rice with Kale &amp; Tomatoes</i>

OCTOBER 19 <sup>th</sup>	OCTOBER 20 <sup>th</sup>	OCTOBER 21 <sup>ST</sup>	OCTOBER 22 <sup>nd</sup>	OCTOBER 23 <sup>rd</sup>
<b>Mexican</b>	<b>Italian</b>	<b>American</b>	<b>California</b>	<b>Burgers</b>
<b>Milanesa de Pollo</b> <i>Served with Refried Beans &amp; Spanish Rice</i>	<b>Garlic Parmesan Chicken Lasagna</b>	<b>Worcestershire Glazed Meatloaf</b> <i>Served with Mashed Potatoes &amp; Roasted Vegetables</i>	<b>Pork Chops with Squash &amp; Bell Peppers</b> <i>Served with Mashed Potatoes &amp; Grilled Asparagus &amp; Mushrooms</i>	<b>Crispy Chicken Burgers</b> <i>Served with Tater Tots</i>
<b>(Vegetarian/Vegan)</b> <b>Beyond Meat Chicken Milanesa de Pollo</b> <i>Served with Refried Beans &amp; Spanish Rice</i>	<b>(Vegetarian/Vegan)</b> <b>Beyond Meat Lasagna</b>	<b>(Vegetarian/Vegan)</b> <b>Worcestershire Glazed Beyond Beef Meatloaf</b> <i>Served with Mashed Potatoes &amp; Roasted Vegetables</i>	<b>(Vegetarian/Vegan)</b> <b>Kaffir Lime Tofu</b> <i>Served with Stir Fried Vegetables &amp; Pineapple Fried Rice</i>	<b>(Vegetarian/Vegan)</b> <b>Vegetarian Burgers</b> <i>Served with Tater Tots</i>
<b>Thai</b>	<b>Southern</b>	<b>Jamaican</b>	<b>Indian</b>	<b>Italian</b>
<b>Sriracha Beef &amp; Baby Corn Stir Fry</b> <i>Served with Garlic &amp; Dried Chili Rice &amp; Ginger &amp; Thai Basil Steamed Vegetables</i>	<b>Fried Fish</b> <i>Served with Mashed Potatoes &amp; Cajun Spiced Roasted Vegetables</i>	<b>Jerk Chicken</b> <i>Served with Dirty Rice &amp; Grilled Corn with Sweet Potatoes</i>	<b>Madras Beef Curry</b> <i>Served with Lemon Rice &amp; Spiced Roasted Zucchini &amp; Potatoes</i>	<b>Chicken Marsala</b> <i>Served with Mashed Potatoes &amp; Mixed Vegetables</i>
<b>(Vegetarian/Vegan)</b> <b>Sriracha Tofu &amp; Baby Corn Stir Fry</b> <i>Served with Garlic &amp; Dried Chili Rice &amp; Ginger &amp; Thai Basil Steamed Vegetables</i>	<b>(Vegetarian/Vegan)</b> <b>Fried Fishless Fillets</b> <i>Served with Mashed Potatoes &amp; Cajun Spiced Roasted Vegetables</i>	<b>(Vegetarian/Vegan)</b> <b>Jerk Tofu</b> <i>Served with Dirty Rice &amp; Grilled Corn with Sweet Potatoes</i>	<b>(Vegetarian/Vegan)</b> <b>Madras Tofu Curry</b> <i>Served with Lemon Rice &amp; Spiced Roasted Zucchini &amp; Potatoes</i>	<b>(Vegetarian/Vegan)</b> <b>Mushroom Ravioli</b>

OCTOBER 26 <sup>th</sup>	OCTOBER 27 <sup>th</sup>	OCTOBER 28 <sup>th</sup>	OCTOBER 29 <sup>th</sup>	OCTOBER 30 <sup>th</sup>
<b>Italian</b>	<b>Peruvian</b>	<b>Chinese</b>	<b>Mexican</b>	<b>California</b>
<b>Spaghetti &amp; Meatballs</b> <i>Served with roasted vegetables</i>	<b>Aji de gallina</b> <i>Served with White Rice &amp; Roasted Marble Potatoes</i>	<b>Black Pepper Beef</b> <i>Served with White Rice &amp; Steamed Vegetables</i>	<b>Carnitas</b> <i>Served with Spanish Rice &amp; Pinto Beans</i>	<b>Roasted Rosemary Beef</b> <i>Served with Roasted Potatoes &amp; Vegetables</i>
<b>(Vegetarian/Vegan)</b> <b>Pesto Tortellini</b> <i>Served with roasted vegetables</i>	<b>(Vegetarian/Vegan)</b> <b>Beyond meat Aji de Gallina</b> <i>Served with White Rice &amp; Roasted Marble Potatoes</i>	<b>(Vegetarian/Vegan)</b> <b>Black Pepper Tofu</b> <i>Served with Rice &amp; Steamed Vegetables</i>	<b>(Vegetarian/Vegan)</b> <b>Beyond Meat Chicken Fajitas</b> <i>Served with Rice &amp; Steamed Vegetables</i>	<b>(Vegetarian/Vegan)</b> <b>Beyond Meat Sausages &amp; Peppers</b> <i>Served with Roasted Potatoes &amp; Vegetables</i>
<b>Mediterranean</b>	<b>Sandwiches</b>	<b>Greek</b>	<b>Korean</b>	<b>South American</b>
<b>Chicken Skewers</b> <i>Served with Wild Rice &amp; Mixed Vegetables</i>	<b>Philly Cheese Steak Sandwich</b> <i>Served with French Fries</i>	<b>Roasted Lemon Herb Chicken</b> <i>Served with Saffron Rice &amp; Roasted Cauliflower with Lemon &amp; Red Bell Peppers</i>	<b>Korean BBQ Ribs</b> <i>Served with White Rice &amp; Vegetables</i>	<b>Chipotle Beef</b> <i>Served with Cilantro Rice and Roasted Seasonal Vegetables</i>
<b>(Vegetarian/Vegan)</b> <b>Vegetarian Skewers</b> <i>Served with Wild Rice &amp; Mixed Vegetables</i>	<b>(Vegetarian/Vegan)</b> <b>Beyond Meat Philly Cheese Sandwich</b> <i>Served with French Fries</i>	<b>(Vegetarian/Vegan)</b> <b>Roasted Lemon Herb Beyond Meat Chicken</b> <i>Served with Saffron Rice &amp; Roasted Cauliflower with Lemon &amp; Red Bell Peppers</i>	<b>(Vegetarian/Vegan)</b> <b>Korean Style Tofu</b> <i>Served with Steamed White Rice &amp; Vegetables</i>	<b>(Vegetarian/Vegan)</b> <b>Vegetarian Enchiladas</b> <i>Served with Cilantro Rice and Roasted Seasonal Vegetables</i>