

# SVCC

JUNE MENU

INDIVIUDAL BOXED LUNCHES



June 1 <sup>st</sup>	June 2 <sup>nd</sup>	June 3 <sup>rd</sup>	June 4 <sup>th</sup>	June 5 <sup>th</sup>
Italian & American	Burgers & Thai	Chinese & American	Mexican & California	Mediterranean & Southern
<p><b><u>Italian</u></b></p> <p><b>Protein:</b> Garlic Parmesan Chicken Lasagna <i>Roasted Vegetables &amp; Garlic Bread</i></p> <p><b>Vegetarian:</b> Mushroom Ravioli <i>Spinach &amp; Cherry Tomatoes</i></p>	<p><b><u>Burgers</u></b></p> <p><b>Protein:</b> Crispy Chicken Burgers <i>Lettuce, Onions, Tomatoes, Brioche Buns, Chipotle Aioli &amp; Tater Tots</i></p> <p><b>Vegetarian:</b> Grilled Garden Patties <i>Lettuce, Tomatoes, Onions, Brioche Buns, Chipotle Aioli &amp; Tater Tots</i></p>	<p><b><u>Chinese</u></b></p> <p><b>Protein:</b> Beef Broccoli <i>Steamed White Rice and Seasonal Vegetables</i></p> <p><b>Vegetarian:</b> Eggplant with Bok Choy <i>Steamed White Rice and Seasonal Vegetables</i></p>	<p><b><u>Mexican</u></b></p> <p><b>Protein:</b> Beef &amp; Cheddar Cheese Enchiladas <i>Cilantro Rice</i></p> <p><b>Vegetarian:</b> Vegetarian Black Bean Enchiladas <i>Cilantro Rice</i></p>	<p><b><u>Mediterranean</u></b></p> <p><b>Protein:</b> Oven Roasted Beef Shawarma <i>Turmeric Rice &amp; Roasted Vegetables</i></p> <p><b>Vegetarian:</b> Plant Based Beef &amp; Potatoes <i>Turmeric Rice &amp; Roasted Vegetables</i></p>
<p><b><u>American</u></b></p> <p><b>Protein:</b> Pulled Pork Sandwich <i>Garlic Fries &amp; Slaw</i></p> <p><b>Vegetarian:</b> Tempeh Sandwich <i>Garlic Fries &amp; Slaw</i></p>	<p><b><u>Thai</u></b></p> <p><b>Protein:</b> Thai Basil Fish <i>Fried Rice &amp; SESAME Green Beans</i></p> <p><b>Vegetarian:</b> Golden Fishless Filets <i>Fried Rice &amp; SESAME Green Beans</i></p>	<p><b><u>American</u></b></p> <p><b>Protein:</b> Baked Chicken <i>Wild Rice &amp; Brussels Sprouts</i></p> <p><b>Vegetarian:</b> Stuffed Zucchini <i>Wild Rice and Brussels Sprouts</i></p>	<p><b><u>California</u></b></p> <p><b>Protein:</b> Shrimp &amp; Grits <i>Garlic Parmesan Broccolini</i></p> <p><b>Vegetarian:</b> Beyond Meat Beef Crumble &amp; Grits <i>Garlic Parmesan Broccolini</i></p>	<p><b><u>Southern</u></b></p> <p><b>Protein:</b> Fried Chicken <i>Garlic Mashed Potatoes &amp; Biscuits</i></p> <p><b>Vegetarian:</b> Cauliflower Rice Etouffee <i>Garlic Mashed Potatoes &amp; Biscuits</i></p>
<p><b><u>Sandwich</u></b></p> <p><b>Turkey</b> <i>Side Green Salad</i></p>	<p><b><u>Sandwich</u></b></p> <p><b>Chicken &amp; Prosciutto</b> <i>Side Green Salad</i></p>	<p><b><u>Sandwich</u></b></p> <p><b>Chicken &amp; Mozzarella</b> <i>Side Green Salad</i></p>	<p><b><u>Sandwich</u></b></p> <p><b>Italian Salami &amp; Black Forest Ham</b> <i>Side Green Salad</i></p>	<p><b><u>Sandwich</u></b></p> <p><b>Vegetarian</b> <i>Side Green Salad</i></p>
<p><b><u>Salad</u></b></p> <p><b>Spinach Salad</b></p>	<p><b><u>Salad</u></b></p> <p><b>Caesar Salad</b></p>	<p><b><u>Salad</u></b></p> <p><b>Mango Arugula Salad</b></p>	<p><b><u>Salad</u></b></p> <p><b>Southwest Salad</b></p>	<p><b><u>Salad</u></b></p> <p><b>Mediterranean Chopped Salad</b></p>

June 8 <sup>th</sup>	June 9 <sup>th</sup>	June 10 <sup>th</sup>	June 11 <sup>th</sup>	June 12 <sup>th</sup>
BBQ & Chinese	Mexican & Cajun	Burgers & Indian	California & Korean	Italian & Southern
<p><b><u>BBQ</u></b></p> <p><b>Protein: Ancho Chile Baby Back Ribs</b> <i>Served with Mashed Potatoes &amp; Grilled Vegetables</i></p> <p><b>Vegetarian: Grilled Tofu &amp; Vegetable Skewers</b> <i>Served with Wild Brown Rice</i></p>	<p><b><u>Mexican</u></b></p> <p><b>Protein: Chicken Tinga</b> <i>Served with Spanish Rice &amp; Black Beans</i></p> <p><b>Vegetarian: Taco Seasoned Plant Based Chicken &amp; Cauliflower Bites</b> <i>Spanish Rice &amp; Black Beans</i></p>	<p><b><u>Burgers</u></b></p> <p><b>Protein: Angus Beef Burgers</b> <i>Lettuce, Tomatoes, Onions, &amp; Cheddar Cheese, Onions Rings</i></p> <p><b>Vegetarian: Grilled Garden Burgers</b> <i>Lettuce, Tomatoes, Onions, &amp; Cheddar Cheese. Served with Onion Rings</i></p>	<p><b><u>California</u></b></p> <p><b>Protein: Ketchup Worcestershire Glazed Meatloaf</b> <i>Mashed Potatoes &amp; Broccoli</i></p> <p><b>Vegetarian: Penne Pasta with Plant Based Ground Beef</b> <i>Cherry Tomatoes &amp; Fresh Basil</i></p>	<p><b><u>Italian</u></b></p> <p><b>Protein: Baked Chicken Parmesan</b> <i>Rotini Pasta with Mozzarella Cheese</i></p> <p><b>Vegetarian: Spaghetti Aglio e Olio</b> <i>Shitake Mushrooms</i></p>
<p><b><u>Chinese</u></b></p> <p><b>Protein: Mongolian Beef</b> <i>Egg Fried Rice &amp; Sautéed Kale</i></p> <p><b>Vegetarian: Stir Fried Rice Cake</b> <i>Brown Rice &amp; Garlic Long Beans</i></p>	<p><b><u>Cajun</u></b></p> <p><b>Protein: Fried Catfish</b> <i>Cajun Spiced Corn, Potatoes, &amp; Kale</i></p> <p><b>Vegetarian: Creole Okra Tomatoes</b> <i>Cajun Spiced Corn, Potatoes &amp; Kale</i></p>	<p><b><u>Indian</u></b></p> <p><b>Protein: Tandoori Chicken</b> <i>Pea Pulao &amp; Tawa Vegetables</i></p> <p><b>Vegetarian: Eggplant Curry</b> <i>Pea Pulao &amp; Tawa Vegetables</i></p>	<p><b><u>Korean</u></b></p> <p><b>Protein: Gochujang Grilled Chicken</b> <i>Noodles &amp; Glazed Potatoes</i></p> <p><b>Vegetarian: Gochujang Grilled Tofu</b> <i>Noodles &amp; Glazed Potatoes</i></p>	<p><b><u>Southern</u></b></p> <p><b>Protein: Pork Chops</b> <i>Dirty Rice, Kale &amp; Tomatoes</i></p> <p><b>Vegetarian: Jackfruit Jambalaya</b> <i>Dirty Rice with Kale &amp; Tomatoes</i></p>
<p><b><u>Sandwich</u></b></p> <p><b>Turkey</b> <i>Side Green Salad</i></p>	<p><b><u>Sandwich</u></b></p> <p><b>Chicken &amp; Prosciutto</b> <i>Side Green Salad</i></p>	<p><b><u>Sandwich</u></b></p> <p><b>Chicken &amp; Mozzarella</b> <i>Side Green Salad</i></p>	<p><b><u>Sandwich</u></b></p> <p><b>Italian Salami &amp; Black Forest Ham</b> <i>Side Green Salad</i></p>	<p><b><u>Sandwich</u></b></p> <p><b>Vegetarian</b> <i>Side Green Salad</i></p>
<p><b><u>Salad</u></b></p> <p><b>Greek Salad</b></p>	<p><b><u>Salad</u></b></p> <p><b>Mediterranean Chickpea Salad</b></p>	<p><b><u>Salad</u></b></p> <p><b>Caesar Salad</b></p>	<p><b><u>Salad</u></b></p> <p><b>Spinach &amp; Faro Salad</b></p>	<p><b><u>Salad</u></b></p> <p><b>Greens &amp; Apples Salad</b></p>

June 15 <sup>th</sup>	June 16 <sup>th</sup>	June 17 <sup>th</sup>	June 18 <sup>th</sup>	June 19 <sup>th</sup>
Mexican & Japanese	American & Mediterranean	Italian & Jamaican	Greek & BBQ	Italian & Southern
<p><b><u>Mexican</u></b></p> <p><b>Protein:</b> Pollo en Mole Verde Green Tomatillo Chicken Mole, Cilantro Rice &amp; Roasted Cauliflower</p> <p><b>Vegetarian:</b> Baked Chile Rellenos Black Beans, Corn, &amp; Mozzarella Cheese with Cilantro Rice &amp; Roasted Cauliflower</p>	<p><b><u>American</u></b></p> <p><b>Protein:</b> Broccoli &amp; Cheddar Cheese Stuffed Chicken Breasts with Mashed Red Potatoes &amp; Brussels Sprouts</p> <p><b>Vegetarian:</b> Plant Based Sausages with Caramelized Onions and Peppers Mashed Potatoes</p>	<p><b><u>Italian</u></b></p> <p><b>Protein:</b> Pappardelle Pasta with Ground Beef</p> <p><b>Vegetarian:</b> Mushroom Ravioli</p>	<p><b><u>Greek</u></b></p> <p><b>Protein:</b> Boneless Lamb Kleftiko Basmati Rice and Oven Roasted Squash, Peppers, Cherry Tomatoes, &amp; Zucchini</p> <p><b>Vegetarian:</b> Veggie Kabob Hummus, Lemon Rice &amp; Grilled Seasonal Vegetable</p>	<p><b><u>Italian</u></b></p> <p><b>Protein:</b> Baked Italian Herb &amp; Parmesan Meatballs Potato Gratin &amp; Grilled Vegetables</p> <p><b>Vegetarian:</b> Crispy Eggplant Parmesan Potato Gratin &amp; Grilled Vegetables</p>
<p><b><u>Japanese</u></b></p> <p><b>Protein:</b> Teriyaki Fish Veggie Noodles &amp; Glazed Green Beans</p> <p><b>Vegetarian:</b> Teriyaki Tofu Veggie Noodles &amp; Glazed Green Beans</p>	<p><b><u>Mediterranean</u></b></p> <p><b>Protein:</b> Beef Kebab Dry Fruits Rice, Grilled Tomatoes, Bell Peppers &amp; Corn on the Cob</p> <p><b>Vegetarian:</b> Balsamic Glaze Brussels Dry Fruits Rice, Grilled Tomatoes, Bell Peppers, &amp; Corn on the Cob</p>	<p><b><u>Jamaican</u></b></p> <p><b>Protein:</b> Jerk Chicken Rice, Beans &amp; Grilled Corn with Sweet Potatoes</p> <p><b>Vegetarian:</b> Jerk Tofu Rice, Beans &amp; Grilled Corn with Sweet Potatoes</p>	<p><b><u>BBQ</u></b></p> <p><b>Protein:</b> BBQ Chicken Wings Waffle Fries, Slaw &amp; Honey Glazed Corn Bread</p> <p><b>Vegetarian:</b> BBQ Tofu Waffle Fries, Slaw &amp; Honey Glazed Corn Bread</p>	<p><b><u>Southern</u></b></p> <p><b>Protein:</b> Blackened Fish Collard Greens, Dirty Rice and Corn on the Cob</p> <p><b>Vegetarian:</b> Blackened Tempeh Collard Greens, Dirty Rice &amp; Corn on the Cob</p>
<p><b><u>Sandwich</u></b></p> <p><b>Turkey</b> Side Green Salad</p>	<p><b><u>Sandwich</u></b></p> <p><b>Chicken &amp; Prosciutto</b> Side Green Salad</p>	<p><b><u>Sandwich</u></b></p> <p><b>Chicken &amp; Mozzarella</b> Side Green Salad</p>	<p><b><u>Sandwich</u></b></p> <p><b>Italian Salami &amp; Black Forest Ham</b> Side Green Salad</p>	<p><b><u>Sandwich</u></b></p> <p><b>Vegetarian</b> Side Green Salad</p>
<p><b><u>Salad</u></b></p> <p><b>Spinach Salad</b></p>	<p><b><u>Salad</u></b></p> <p><b>Caesar Salad</b></p>	<p><b><u>Salad</u></b></p> <p><b>Mango Arugula Salad</b></p>	<p><b><u>Salad</u></b></p> <p><b>Southwest Salad</b></p>	<p><b><u>Salad</u></b></p> <p><b>Mediterranean Chopped Salad</b></p>



June 22 <sup>nd</sup>	June 23 <sup>rd</sup>	June 24 <sup>th</sup>	June 25 <sup>th</sup>	June 26 <sup>th</sup>
Italian & Malaysian	Taco Tuesday & Chinese	California & Indian	Burrito Bowls & American	BBQ & Vietnamese
<p><b><u>Italian</u></b></p> <p><b>Protein: Herbed Chicken Breast Strips &amp; Vegetable Skillet</b> Grape tomatoes, Green Beans, Bell Peppers, &amp; Onions, Mashed Potatoes</p> <p><b>Vegetarian: Baked Eggplant Parmesan</b> Spaghetti &amp; Mashed Potatoes</p>	<p><b><u>Taco Tuesday</u></b></p> <p><b>Protein: Steak Tacos</b> Spanish Rice, Black Beans &amp; Grilled Vegetables</p> <p><b>Vegetarian: Sofrito's Tacos</b> Spanish Rice, Black Beans &amp; Grilled Vegetables</p>	<p><b><u>California</u></b></p> <p><b>Protein: Parmesan Cheddar Chicken Breast</b> Roasted Red Potatoes &amp; Brussels Sprouts</p> <p><b>Vegetarian: Creamy Plant Based Chicken Tortellini &amp; Spinach</b></p>	<p><b><u>Burrito Bowls</u></b></p> <p><b>Protein: Garlic Lime Grilled Chicken</b> Served with Achiote Paste with Cilantro Rice and Black Beans</p> <p><b>Vegetarian: Spicy Chipotle Tofu Sofrito's</b> Cilantro Rice and Black Beans</p>	<p><b><u>BBQ</u></b></p> <p><b>Protein: Dry Rubbed Beef Brisket</b> Served with Loaded Mashed Potatoes &amp; Grilled Vegetables</p> <p><b>Vegetarian: Sheet Pan BBQ Tofu</b> Served with Onions, Zucchini, Broccoli &amp; Loaded Mashed Potatoes</p>
<p><b><u>Malaysian</u></b></p> <p><b>Protein: Laska Shrimp Noodles</b></p> <p><b>Vegetarian: Laska Tofu Noodles</b></p>	<p><b><u>Chinese</u></b></p> <p><b>Protein: Beef &amp; Broccoli</b> Steamed White Rice</p> <p><b>Vegetarian: Royal Tofu</b> Spicy Hunan Sauce &amp; Steamed White Rice</p>	<p><b><u>Indian</u></b></p> <p><b>Protein: Lamb Kebob</b> Served with Saffron Rice, Dal &amp; Naan</p> <p><b>Vegetarian: Paneer Kebob</b> Saffron Rice, Dal &amp; Naan</p>	<p><b><u>American</u></b></p> <p><b>Protein: Fried Chicken</b> Garlic Mashed Potatoes, Corn on the Cob &amp; Biscuits</p> <p><b>Vegetarian: Fried Cauliflower</b> Garlic Mashed Potatoes, Corn on the Cob &amp; Biscuits</p>	<p><b><u>Vietnamese</u></b></p> <p><b>Protein: Ginger Fish</b> Served with Broccolini &amp; Steamed Rice</p> <p><b>Vegetarian: Ginger Eggplant</b> Broccolini &amp; Steamed Rice</p>
<p><b><u>Sandwich</u></b></p> <p><b>Turkey</b> Side Green Salad</p>	<p><b><u>Sandwich</u></b></p> <p><b>Chicken &amp; Prosciutto</b> Side Green Salad</p>	<p><b><u>Sandwich</u></b></p> <p><b>Chicken &amp; Mozzarella</b> Side Green Salad</p>	<p><b><u>Sandwich</u></b></p> <p><b>Italian Salami &amp; Black Forest Ham</b> Side Green Salad</p>	<p><b><u>Sandwich</u></b></p> <p><b>Vegetarian</b> Side Green Salad</p>
<p><b><u>Salad</u></b></p> <p><b>Greek Salad</b></p>	<p><b><u>Salad</u></b></p> <p><b>Mediterranean Chickpea Salad</b></p>	<p><b><u>Salad</u></b></p> <p><b>Caesar Salad</b></p>	<p><b><u>Salad</u></b></p> <p><b>Spinach &amp; Faro Salad</b></p>	<p><b><u>Salad</u></b></p> <p><b>Greens &amp; Apples Salad</b></p>

June 29 <sup>th</sup>	June 30 <sup>th</sup>			
Southern & Korean	American & Thai			
<p style="text-align: center;"><b><u>Southern</u></b></p> <p><b>Protein: Classic Southern Fried Chicken</b> <i>Garlic Mashed Potatoes &amp; Brussels Sprouts</i></p> <p><b>Vegetarian: Beyond Meat Cajun Sausage Fettuccine</b></p>	<p style="text-align: center;"><b><u>American</u></b></p> <p><b>Protein: BBQ Meatballs</b> <i>Mashed Potatoes &amp; Roasted Green Beans</i></p> <p><b>Vegetarian: Green Bean Casserole</b> <i>Mashed Potatoes</i></p>			
<p style="text-align: center;"><b><u>Korean</u></b></p> <p><b>Protein: Korean Beef Short Ribs</b> <i>Kimchi, Fried Rice, Long Beans &amp; Peppers</i></p> <p><b>Vegetarian: Crispy Tofu</b> <i>Bell Peppers, Brown Rice &amp; Soybeans</i></p>	<p style="text-align: center;"><b><u>Thai</u></b></p> <p><b>Protein: Shrimp Fried Rice</b> <i>Roasted Broccoli</i></p> <p><b>Vegetarian: Thai Style Vegetables</b> <i>Fried Brown Rice</i></p>			
<p style="text-align: center;"><b><u>Sandwich</u></b></p> <p style="text-align: center;"><b>Turkey</b> <i>Side Green Salad</i></p>	<p style="text-align: center;"><b><u>Sandwich</u></b></p> <p style="text-align: center;"><b>Chicken &amp; Prosciutto</b> <i>Side Green Salad</i></p>			
<p style="text-align: center;"><b><u>Salad</u></b></p> <p style="text-align: center;"><b>Spinach Salad</b></p>	<p style="text-align: center;"><b><u>Salad</u></b></p> <p style="text-align: center;"><b>Caesar Salad</b></p>			