



MONDAY OCT 7TH

SANTA CATALINA PASTA

- BAKED CHEESE MANICOTTI
- BUTTERNUT SQUASH RAVIOLI WITH A SAGE PARMESAN SAUCE

SAN CLEMENTE ENTREES AND SIDES

LUNCH

- CHICKEN CORDON BLEU
- ROASTED SWEET AND YUKON GOLD POTATOES (V)
- GREEN LENTIL STEW(V)
- ROASTED CORN AND ASPARAGUS MEDLEY (V)

DINNER

- KOREAN BBQ STYLE GRILLED FLANK STEAK
- EDAMAME FRIED RICE (VEG)
- GINGER CARROTS(V)
- SIRACHA GREEN BEANS (V)

V=VEGAN

VEG=VEGITARIAN

GF=GLUTEN FREE

SAN NICHOLAS DELI

- SLICED ROAST BEEF, PROVOLONE AND PARMESAN RANCH SPREAD FLATBREAD

SAN MIGUEL MEXICAN GRILL

- GRILLED VEGETABLE, BLACK BEAN AND GUACAMOLE QUESADILLA (VEG)

SANTA ROSA GRILL AND PIZZA

- GRILLED CHICKEN GYRO
- BACON, SPINACH AND ALFREDO PIZZA

ANACAPA SALADS

- ASPARAGUS COUS COUS SALAD (VEG)

ANACAPA SOUPS

- BUFFALO CHICKEN SOUP
- VEGETARIAN SWEET POTATO BISQUE (V)

SANTA CRUZ SWEETS

- FROZEN YOGURT AND COOKIES (LUNCH & DINNER)
- PIE NIGHT (DINNER)

TUESDAY OCT 8th

SANTA CATALINA PASTAS

- CHICKEN, MUSHROOM AND SPINACH BAKED PASTA
- MARKET VEGETABLE SAUTE STATION

SAN CLEMENTE ENTREES AND SIDES

LUNCH

- TURKEY ALA KING
- HARVEST RICE PILAF (V)
- MAPLE GLAZED BUTTERNUT SQUASH (V)
- BROCCOLI AND FETA CHEESE CASSEROLE (VEG)
- BROCCOLI FLORETS (V)

DINNER

- RASPBERRY BBQ GLAZED SALMON FILLET WITH JALAPENO SAUCE
- STEAMED JASMINE RICE (V)

- GRILLED ZUCHINI AND SQUASH (V)
- BAKED POTATO BAR
- STUFFED ROMA TOMATOES (VEG)

SAN NICHOLAS DELI

- SLICED TURKEY, SWISS, BACON AND CRANBERRY DRESSING ON TOASTED SOURDOUGH

SAN MIGUEL MEXICAN GRILL

- MEXICAN CHICKEN CAESAR SALAD WRAP

SANTA ROSA GRILL AND PIZZA

- SWEET AND SOUR CASHEW GLAZED CHICKEN STRIPS
- FRESH MOZZARELLA AND BASIL PIZZA (VEG)

ANACAPA SALADS

- BROCCOLI PASTA SALAD (VEG)

ANACAPA SOUPS

- CREAM OF SPINACH (VEG)
- BEEF VEGETABLE SOUP

SANTA CRUZ SWEETS

- FROZEN YOGURT AND COOKIES (LUNCH & DINNER)
- WARM FRUIT COBBLER NIGHT (DINNER)

WEDNESDAY OCT 9th

SANTA CATALINA PASTAS

- MACARONI AND CHEESE BAR

SAN CLEMENTE ENTREES AND SIDES

LUNCH

- BEEF TIPS WITH WILD MUSHROOMS
- GARLIC GREEN BEANS (V)
- WHITE BEAN AND ACORN SQUASH BLEND (V)
- WHIPPED YUKON GOLD POTATOES (VEG)

DINNER

- BROILED PORK CHOPS WITH A CORNBREAD AND ITALIAN SAUSAGE STUFFING

- PARMESAN POTATO WEDGES (VEG)
- CORN ON THE COBB (V)
- MIXED VEGETABLE MEDLEY (V)

SAN NICHOLAS DELI

- GRILLED PITA PLATE WITH RED PEPPER HUMMUS AND TABBOULEH (V)

SAN MIGUEL MEXICAN GRILL

- CARNE ASADA SOFT TACOS WITH CITRUS PICKLED RED ONIONS

SANTA ROSA GRILL AND PIZZA

- PEANUT BUTTER AND JELLY GRILLED TEXAS TOAST SANDWICH (VEG)
- BBQ CHICKEN PIZZA

ANACAPA SALADS

- APPLE, STRAWBERRY AND JICAMA SALAD (V)



- ANACAPA SOUPS
- CHICKEN PAZOLE SOUP
- VEGETARIAN CREAM OF BROCCOLI SOUP

SANTA CRUZ SWEETS

- FROZEN TREATS AND COOKIES (LUNCH & DINNER)
- CI CUPCAKE NIGHT (DINNER)

THURSDAY OCT 10th

SANTA CATALINA PASTAS

- MEAT LASAGNA
- PASTA PRIMAVERA BAR (VEG)

SAN CLEMENTE ENTREES AND SIDES

LUNCH

- CHEESE TAMALE CASSEROLE WITH PABLANO CRÈME (VEG)
- CUBAN MOJO GRILLED CHICKEN BREAST WITH PLAINTAIN SALSA
- STEAMED BROWN RICE (V)
- BLACK BEANS AND RICE (V)
- BROCCOLI AND CARROTS (V)

DINNER

- ORANGE CHICKEN
- VEGETARIAN POTSTICKERS (VEG)
- STEAMED JASMINE RICE (V)
- MISO GLAZED BOK CHOY AND MUSHROOMS (V)
- CAPRI VEGETABLE BLEND (VEG)

SAN MIGUEL MEXICAN GRILL

- PORK BELLY TACOS WITH ROASTED YELLOW PEPPER SALSA

SANTA ROSA GRILL AND PIZZA

- TERIYAKI HAWAIIAN PINEAPPLE BURGER
- MEAT LOVERS PIZZA

SAN NICHOLAS DELI

- VEGETARIAN FALAFAL PITA (V)

ANACAPA SALAD

- GINGER SESAME CHICKEN SALAD WITH DAIKON RADISH

ANACAPA SOUPS

- CHICKEN TORTILLA SOUP
- VEGETARIAN SPLIT PEA (V)

SANTA CRUZ SWEETS

- FROZEN TREATS AND COOKIES (LUNCH & DINNER)
- CHOCOLATE DIPPED STRAWBERRY NIGHT (DINNER)

FRIDAY OCT 11th

SANTA CATALINA PASTAS

- LINGUINE WITH WHITE CLAM SAUCE
- MARINARA AND PESTO SAUCES

SAN CLEMENTE ENTREES AND SIDES

LUNCH

- CARVED TRI TIP WITH CARIBBEAN SPICED MANGO AND AVOCADO RELISH
- BIRYANI RICE (V) (GF)
- BANANA SQUASH (V) (GF)
- BAKED POTATOES

DINNER

- CAJUN SHRIMP AND SAUSAGE WITH GUMBO SAUCE
- RED BEANS AND RICE (V)
- HONEY GLAZED BABY CARROTS (VEG)

SAN MIGUEL MEXICAN GRILL

- CRISPY FISH TACOS WITH CHIPOLTE COLESLAW

SANTA ROSA GRILL AND PIZZA

- NUTELLA S'MORES GRILLED SANDWICH
- FRESH MOZZARELLA MARGHERITA PIZZA (VEG)

SAN NICHOLAS DELI

- HAM, APPLE AND BRIE CHEESE ON TOASTED INDIAN NAAN BREAD

ANACAPA SALADS

- THE GREAT GREEN SALAD (VEG)

ANACAPA SOUPS

- VEGETARIAN BLACK BEAN (VEG)
- NEW ENGLAND CLAM CHOWDER

SANTA CRUZ SWEETS

- FROZEN TREATS AND COOKIES (LUNCH AND DINNER)

V=VEGAN

VEG=VEGITARIAN

GF=GLUTEN FREE



WEEKEND MENU

SATURDAY OCT 12th

BREAKFAST

- FULL SERVICE "MADE TO ORDER" BREAKFAST GRILL
- ORGANIC GRANOLA STATION
- OMELET BAR
- WAFFLE STATION
- FULL SERVICE SALAD BAR
- ASSORTED FRUITS AND YOGURT
- "QUICK SERVICE" BREAKFAST BUFFET

DINNER

SANTA CATALINA PASTAS

- MUSHROOM RAVIOLI WITH ALFREDO SAUCE
- PENNE WITH MARINARA

SAN CLEMENTE ENTREES AND SIDES

- OVEN FRIED CHICKEN WITH HONEY MUSTARD SAUCE
- BROILED SALMON FILLET WITH HERB SAUCE
- GREEN BEANS AND TOMATOES(V)
- BAKED POTATOES (V) (GF)

V=VEGAN

VEG=VEGITARIAN

GF=GLUTEN FREE

- CHEFS VEGETABLES (V)

SAN MIGUEL MEXICAN GRILL

- NACHO CHICKEN BURRITO

SANTA ROSA GRILL AND PIZZA

- GRILLED CHICKEN CLUB SANDWICH ON TOASTED WHEAT BUN
- CHEFS CHOICE PIZZA

ANACAPA SALADS

- ASPARAGUS, TOMATO AND CORN SALAD (V)

ANACAPA SOUPS

- CHICKEN TORTILLA SOUP
- CHEFS VEGETARIAN SOUP SELECTION (VEG) (GF)

SUNDAY OCT 13th

BREAKFAST

- FULL SERVICE "MADE TO ORDER" BREAKFAST GRILL
- ORGANIC GRANOLA STATION
- OMELET BAR
- WAFFLE STATION
- SALAD BAR
- ASSORTED FRUITS AND YOGURTS
- "QUICK SERVICE" BREAKFAST BUFFET

DINNER

SANTA CATALINA PASTAS

- MACARONI AND CHEESE
- GEMELLI PASTA WITH MEAT SAUCE AND MARINARA

SAN CLEMENTE ENTREES AND SIDES

- GREEN CHILI RELLENOS
- COCONUT CRUSTED TILAPIA WITH ORANGE BUTTER SAUCE

- STEAMED MACADAMIA NUT JASMINE RICE (V)
- SAUTEED CARROTS AND BROCCOLI (V)

SAN MIGUEL MEXICAN GRILL

- CRISPY FISH TACOS

SANTA ROSA GRILL AND PIZZA

- CRISPY BUFFALO CHICKEN WRAP
- CHEFS CHOICE PIZZA

ANACAPA SALADS



- ASPARAGUS, TOMATO AND CORN SALAD

ANACAPA SOUPS

- CHEFS CHOICE SOUPS