



MONDAY OCT 14TH

SANTA CATALINA PASTA

- UDON NOODLE BAR WITH FRESH VEGETABLES, MISO BROTH AND SESAME CHICKEN BROTH
- BAKED CHEESE MANICOTTI

SAN CLEMENTE ENTREES AND SIDES

LUNCH

- BLACKENED PORKLOIN WITH ROASTED PEPPERS
- VEGAN RED BEAN CHILI (V)
- SAUTEED ASPARAGUS SPEARS(V)
- ROASTED CORN AND PORTOBELLO MUSHROOM MEDLEY (V)

DINNER

- CHICKEN MARSALA WITH WILD MUSHROOM SAUCE
- WHIPPED YUKON GOLD POTATOES (VEG)
- HONEY GLAZED BABY CARROTS (VEG)

V=VEGAN

VEG=VEGITARIAN

GF=GLUTEN FREE

- GARLIC AND TOMATO GREEN BEANS (V)

SAN NICHOLAS DELI

- EGG SALAD FLATBREAD (VEG)

SAN MIGUEL MEXICAN GRILL

- SWEET POTATO, MONTEREY JACK CHEESE AND AVOCADO QUESADILLA (VEG)

SANTA ROSA GRILL AND PIZZA

- CLASSIC CORNED BEEF REUBEN
- TEMPEH REUBEN (V)
- BACON, SPINACH AND ALFREDO PIZZA

ANACAPA SALADS

- FRESH BEET AND AUTUMN PEAR SALAD (V)

ANACAPA SOUPS

- VEGAN PUMPKIN SOUP (V)
- SPICY CHICKEN AND ITALIAN SAUSAGE SOUP

SANTA CRUZ SWEETS

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

TUESDAY OCT 15th

SANTA CATALINA PASTAS

- BOW TIES AND MEATBALLS
- EGGPLANT LASAGNA (VEG)

SAN CLEMENTE ENTREES AND SIDES

LUNCH

- BBQ BEEF BRISKET WITH CREAMY HORSERADISH SAUCE
- CURRENT AND PINE NUT ROASTED MILLET (V)
- GARLIC BROCCOLI RABE (V)
- RED BLISS POTATOES (V)

DINNER

- SZECHWAN CHICKEN CHUNKS
- COCONUT ALMOND RICE (V)

- UDON NOODLES WITH SHIITAKE MUSHROOMS (V)
- BAKED POTATO BAR (V)
- CHEESE STUFFED POTATOES(VEG)

SAN NICHOLAS DELI

- ROAST BEEF, HAM, TURKEY AND BACON PANINI WITH THREE PEPPER MAYO

SAN MIGUEL MEXICAN GRILL

- CARNITAS OR VEGETARIAN MEXICAN FLATBREAD

SANTA ROSA GRILL AND PIZZA

- GRILLED CHICKEN AND LEMON BROCCOLI SALAD WRAP
- FRESH MOZZARELLA AND BASIL PIZZA (VEG)

ANACAPA SALADS

- BOW TIE PASTA AND FRESH MOZZARELLA PESTO SALAD (VEG)

ANACAPA SOUPS

- MULLIGATAWNY SOUP (VEG)
- CHICKEN NOODLE SOUP

SANTA CRUZ SWEETS

- FROZEN YOGURT AND COOKIES (LUNCH & DINNER)
- WARM CHOCOLATE BREAD PUDDING (DINNER)

WEDNESDAY OCT 16th

SANTA CATALINA PASTAS

- MACARONI AND CHEESE BAR

SAN CLEMENTE ENTREES AND SIDES

LUNCH

- CARVED TURKEY BREAST WITH SAUSAGE AND CORNBREAD STUFFING
- ROASTED ACORN SQUASH WEDGES WITH CRANBERRY SAUCE (V)
- WHIPPED YUKON GOLD POTATOES (VEG)
- MIXED VEGETABLES (V)

DINNER

- SALMON FILLET WITH LEMON/CAPER SAUCE
- TOASTED ORZO PILAF WITH DICED ROOT VEGETABLES (VEG)
- FAJITA STYLE CORN, PEPPERS AND ONIONS (V)
- MIXED VEGETABLE MEDLEY (V)

SAN NICHOLAS DELI

- ARUGULA, TOMATO AND SPINACH/ARTICHOKE HUMMUS WRAP (V)

SAN MIGUEL MEXICAN GRILL

- GRILLED CHICKEN OR TEMPEH, GUACAMOLE AND PABLANO CHILI TORTA

SANTA ROSA GRILL AND PIZZA

- BACON AND AVOCADO GRILLED WHITE CHEDDAR CHEESE SANDWICH
- BBQ CHICKEN PIZZA

ANACAPA SALADS

- ROOTS, SHOOTS, FRUITS AND LEAVES SALAD (V)



- ANACAPA SOUPS
- ITALIAN WEDDING SOUP
- CHIPOLTE SWEET POTATO SOUP (VEG)

SANTA CRUZ SWEETS

- FROZEN TREATS AND COOKIES (LUNCH & DINNER)

CI CUPCAKE NIGHT (DINNER)

THURSDAY OCT 17th

SANTA CATALINA PASTAS

- MEAT LASAGNA
- ARUGULA, ROASTED PEPPERS GEMELLI IN A ARRIABIATA SAUCE (V)

SAN CLEMENTE ENTREES AND SIDES

LUNCH

- ROASTED CHICKEN WITH HONEY MUSTARD BBQ SAUCE
- TRI COLORED ROASTED POTATOES (V)
- STEAMED BROWN RICE (V)
- RED LENTIL AND ARTICHOKE MEDLEY (V)
- BROCCOLI AND CARROTS (V)

DINNER

- STEAK PICADO WITH PICO DE GALLO VERDE
- CILANTRO RICE AND WHITE BEANS (V)
- BAKED POTATOES (V)
- CAPRI VEGETABLE BLEND (VEG)

SAN MIGUEL MEXICAN GRILL

- ARTUROS POLLO CON NOPALES BURRITO

SANTA ROSA GRILL AND PIZZA

- JALAPENO POPPER CHIPOLTE BURGER
- MEAT LOVERS PIZZA

SAN NICHOLAS DELI

- FRIED TURKEY AND GLAZED BALSAMIC/CRANBERRY SANDWICH ON PECAN RAISIN BREAD

ANACAPA SALAD

- SESAME KALE AND CARROT SLAW (V)

ANACAPA SOUPS

- TURKEY AND BROWN RICE SOUP
- VEGETARIAN BLACK BEAN SOUP (V)

SANTA CRUZ SWEETS

- FROZEN TREATS AND COOKIES (LUNCH & DINNER)

- CHOCOLATE DIPPED STRAWBERRY NIGHT (DINNER)

FRIDAY OCT 18th

SANTA CATALINA PASTAS

- LINGUINE WITH WHITE CLAM SAUCE
- MARINARA AND PESTO SAUCES

SAN CLEMENTE ENTREES AND SIDES

LUNCH

- VIETNAMESE BANH MI SANDWICH
- CANTONESE FRIED RICE (VEG)
- PAD THAI NOODLE SALAD (V)
- MIXED VEGETABLES (V)

DINNER

- BROCCOLI AND CHEDDAR STUFFED CHICKEN BREAST WITH MUSHROOM SAUCE
- BAKED POTATOES (V)
- HONEY GLAZED BABY CARROTS (VEG)
- MIXED VEGETABLES (V)

SAN MIGUEL MEXICAN GRILL

- CRISPY FISH TACOS WITH CHIPOLTE COLESLAW

SANTA ROSA GRILL AND PIZZA

- SEARED SALMON CLUB ON TOASTED SPROUTED 9 GRAIN BUN
- FRESH MOZZARELLA MARGHERITA PIZZA (VEG)

SAN NICHOLAS DELI

- HARVEST CHICKEN SALAD CROISSANT

ANACAPA SALADS

- THE GREAT GREEN SALAD (V)

ANACAPA SOUPS

- VEGETARIAN TOMATO BISQUE (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 19th

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

- TERIYAKI MEATBALLS
- BUFFALO CHICKEN WINGS
- BROCCOLI AND CARROTS (V)
- BAKED POTATOES (V)
- CHEFS VEGETABLES (V)

SAN MIGUEL MEXICAN GRILL

- CHICKEN TAQUITOES WITH CILANTRO/ORANGE DIP
- #### SANTA ROSA GRILL AND PIZZA
- HAWAIIAN PINEAPPLE BURGER WITH CANADIAN BACON AND TERIYAKI GLAZE
 - CHEFS CHOICE PIZZA

ANACAPA SALADS

- TOMATO AND FRESH MOZZARELLA SALAD (VEG)

ANACAPA SOUPS

- CHICKEN AND RICE SOUP
- CHEFS VEGETARIAN SOUP SELECTION (VEG)

SUNDAY OCT 20th

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 (VEG)
- CHEESE RAVIOLI WITH MEAT AND MARINARA SAUCES

SAN CLEMENTE ENTREES AND SIDES

- FLANK STEAK CHIMICHURRI
- SALMON WITH CAJUN SAUCE
- STEAMED JASMINE RICE (V)
- SAUTEED GARLIC GREEN BEANS (V)

SAN MIGUEL MEXICAN GRILL

- CRISPY CHICKEN TAQUITOS WITH CILANTRO/ORANGE DIP
- #### SANTA ROSA GRILL AND PIZZA
- HAM, BACON AND SWISS GRILLED CHEESE SANDWICH
 - CHEFS CHOICE PIZZA

ANACAPA SALADS



- TOMATO AND FRESH MOZZARELLA SALAD (VEG)

ANACAPA SOUPS

- CHEFS CHOICE SOUPS

V=VEGAN

VEG=VEGETARIAN

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