



PREPARATION ACADEMY JANUARY LUNCH MENU 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
7	8	9	10	11
14 <i>Orange chicken, chow mein noodles</i>	15 <i>Kalbi marinated steak, jasmine rice, mixed veggies</i>	16 <i>Chicken gyros, with cilantro rice and cucumber tomato salad</i>	17 <i>Braised short rib, mashed potatoes, herb roasted veggies</i>	18 <i>Bbq ribs, macaroni and cheese, mixed veggies</i>
21 MLK DAY!	22 Taco Tuesday! <i>Steak and chicken tacos, Spanish rice, black</i>	023 <i>Chicken satay, jasmine rice, cucumber salad, peanut sauce</i>	24 <i>Pad see ew beef, crispy egg roll</i>	25 <i>Pulled pork sliders, potato wedges, coleslaw</i>
28 <i>Braised pork, red curry and jasmine rice</i>	29 <i>Shrimp scampi pasta, mixed veggies, garlic bread.</i>	30 <i>Beef pho, with poached veggies and shaved beef</i>	31 <i>Chicken katsu, white rice, Caesar salad</i>	

HUSKY CAFÉ DAILY

Entree Alternatives:

- Salad Bar
- Cheeseburgers
- Fish Burgers
- Hot dogs
- Specialty Salads
- Deli Sandwiches

Sides:

- Pre-made Salads
- Fresh Fruit Cup
- Yogurt Parfait
- PB & J Sandwich
- Ice Cream
- Daily dessert

Hot Alternatives:

- Loaded Baked Potato
- Quesadillas
- Soups + Bread

Drink Options:

- Bottled Water
- Milk
- Orange Juice
- Lemonade
- Gatorade
- Snapple
- Smoothies



NUTRITION
MANAGEMENT
SERVICES
COMPANYSM