

**Wednesday, July 29, 2015**

## **Pork Medallion Plated Lunch**

### **SALAD:**

Mixed Green Salad – mixed greens, iceberg lettuce, cucumbers, tomatoes, carrots with balsamic dressing on the side.  
Balsamic dressing ingredients: balsamic vinegar, Dijon mustard, shallots, garlic vegetable oil, oregano, salt and pepper.

### **ENTRÉE:**

Pork Medallions in a Rum Demi-Glace – pork, fresh herbs, salt and pepper.  
Demi-glace ingredients: rum, shallots, garlic, salt and pepper, fresh herbs, veal demi.  
Mashed Potatoes – Idaho potatoes, heavy cream, butter, garlic, salt and pepper.  
Seasonal Vegetables – haricots verts (French green beans) vegetable oil, olive oil, garlic, red onions, salt and pepper.

### **DESSERT:**

Flourless Chocolate Cake with Whipped Topping and Fresh Raspberries and Blueberries  
Cake ingredients: cocoa mass, sugar, cocoa butter, emulsifier, soy lectin, unsalted butter, egg yolks, heavy cream, corn syrup (contains milk and eggs).  
Whipped topping ingredients: water, hydrogenated palm oil, high fructose corn syrup, coconut oil, salt, soy lecithin, xanthan gum.

## **Vegetarian/Gluten Free: Quinoa and Brown Rice**

### **SALAD:**

Mixed Green Salad – mixed greens, iceberg lettuce, cucumbers, tomatoes, carrots with balsamic dressing on the side.  
Balsamic dressing ingredients: balsamic vinegar, Dijon mustard, shallots, garlic vegetable oil, oregano, salt and pepper.

### **ENTRÉE:**

Quinoa and Brown Rice with Grilled Vegetables – squash, zucchini, bell peppers, asparagus, salt and pepper, garlic, red onion, brown rice, gluten free whole grain red quinoa.

### **DESSERT:**

Flourless Chocolate Cake with Whipped Topping and Fresh Raspberries and Blueberries  
Cake ingredients: cocoa mass, sugar, cocoa butter, emulsifier, soy lectin, unsalted butter, egg yolks, heavy cream, corn syrup (contains milk and eggs).  
Whipped topping ingredients: water, hydrogenated palm oil, high fructose corn syrup, coconut oil, salt, soy lecithin, xanthan gum.

**Thursday, July 30, 2015**

## **Pacific Duet Plated Lunch – (Gluten Free Soy Sauce and Teriyaki Sauce)**

### **SALAD:**

Asian Chopped Salad – spring mix, iceberg lettuce, almonds, and mandarin oranges. Wontons: wheat flour, water, cornstarch, salt with citrus vinaigrette dressing on the side.

Citrus vinaigrette dressing ingredients: gluten free soy sauce, rice wine vinegar, orange juice, shallots, garlic, sesame oil, sesame seeds, parsley, salt and pepper.

### **ENTRÉE:**

Duet of Teriyaki Beef and Teriyaki Chicken – gluten free teriyaki sauce, fresh ginger, salt and pepper.

Jasmine Rice – naturally wheat and gluten free, vegetable stock, salt and pepper.

Vegetable Stir Fry – vegetable oil, salt and pepper, gluten free soy sauce, shallots, garlic, carrots, celery, bell peppers, squash, zucchini, bamboo shoots, snap peas.

### **DESSERT:**

Mango Cakes – mango puree, sugar, water, cream, wheat flour, butter milk, soy oil, butter, whole eggs, lemon zest, gelatin, baking soda, egg yolks, salt, vanilla extract.

## **Vegetarian/Gluten Free: Teriyaki Tofu (Gluten Free Soy Sauce and Teriyaki Sauce)**

### **SALAD:**

Asian Chopped Salad – spring mix, iceberg lettuce, almonds, mandarin oranges.

Citrus vinaigrette dressing ingredients: gluten free soy sauce, rice wine vinegar, orange juice, shallots, garlic, sesame oil, sesame seeds, parsley, salt and pepper.

### **ENTRÉE:**

Teriyaki Tofu – gluten free teriyaki sauce, tofu, salt and pepper, vegetable oil, shallots, garlic.

Jasmine Rice – naturally wheat and gluten free, vegetable stock, salt and pepper.

Vegetable Stir Fry – vegetable oil, salt and pepper, gluten free soy sauce, shallots, garlic, carrots, celery, bell peppers, squash, zucchini, bamboo shoots, snap peas.

**DESSERT:** Tropical Fruit Salad – selection of fresh tropical fruit with no added ingredients.