

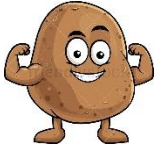
Sample Menu

2022



ALL ITEMS ARE INDIVIDUALLY PACKAGED FOR YOUR SAFETY

Vegetarian: Gluten Free Options Available Upon Request and at the Gluten Free Station: Produce of the Month:



Produce of the Month: Potatoes

Spuds, Taters, Papas, whatever you call them, we love potatoes at Harker! Did you know the average American consumes about 117 pounds of potatoes PER YEAR? Full of Vitamin C and Potassium, potatoes are a nutritious addition to every meal. Try this tuberous crop boiled, fried, baked or mashed

Monday	Tuesday	Wednesday	Thursday	Friday
INTERNATIONAL CHEF GRILL BBQ Chicken Blackened Tofu Baked Beans & Green Beans	INTERNATIONAL CHEF GRILL Haddock Picatta Eggplant Picatta Mashed Potatoes Buttered Peas	INTERNATIONAL CHEF GRILL Greek Gyro with Tzatziki Falafel Wrap Yellow Rice	INTERNATIONAL CHEF GRILL Chicken Pot Pie Swedish Veggie Meatballs with Egg Noodles Roasted Squash	INTERNATIONAL CHEF GRILL Roast Turkey Potato and Leek Frittata Cranberry Stuffing Roasted Broccoli
BURGERLAND <u>Veggie Burger Served Daily</u> Cheeseburger	BURGERLAND Chili Cheeseburger	BURGERLAND Mushroom Swiss Turkey Burger	BURGERLAND Italian Sausage Grinder	BURGERLAND Salmon Burger
TASTE OF ITALY <u>Pizza by the Slice Daily</u> Spaghetti with Marinara	TASTE OF ITALY Penne with Puttanesca Sauce	TASTE OF ITALY Veggie Lasagna	TASTE OF ITALY Bowtie Pasta with Lemon Alfredo	TASTE OF ITALY Fusilli with Chicken Pesto
PACIFIC RIM CUISINE Japan Pork Curry with Rice	PACIFIC RIM CUISINE China Beef and Broccoli with Rice Veggie Egg Rolls	PACIFIC RIM CUISINE Hawaii Huli Huli Chicken	PACIFIC RIM CUISINE Vietnam Shrimp Noodle Bowl	PACIFIC RIM CUISINE Thailand Beef Lettuce Wraps
MEXICAN FIESTA Steak Fajitas Veggie Fajitas	MEXICAN FIESTA Shrimp Ranchero Chile Rellenos	MEXICAN FIESTA Cheese Enchiladas	MEXICAN FIESTA Carnitas with Beans and Rice Bean and Cheese Burrito	MEXICAN FIESTA Fish Tacos Spicy Tofu Tacos
CONEY ISLAND <u>Hot Dogs Served Daily</u> Turkey Corn Dogs Roasted Yukon Potatoes with Caramelized Onions, Parmesan	CONEY ISLAND Chicken Tenders Veggie Tenders Macaroni Salad	CONEY ISLAND Beef Chili Baked Potatoes Mozzarella Cheese Sticks	CONEY ISLAND Spicy Chicken Sandwich Garlic and Herb Red Potatoes Green Goddess Sandwich	CONEY ISLAND Baked Ham and Cheese Sliders Roasted Yams with Honey Fried Zucchini Sticks