

## **Traber Menu September 2016 – August 2017**

### **BREAKFAST MENU**

**Breakfast option #1:** cornbread with chorizo sausage, egg, and cheese  
oatmeal with dates, walnuts, & brown sugar cinnamon  
fruit

yogurt

**Breakfast option #2:** English muffin with egg, Canadian bacon,  
tomato, & avocado aioli  
banana walnut bran muffins with chocolate chips &  
chia

grits

fruit

**Breakfast option #3:** Croque Madame - egg batter dipped bread topped with  
Dijon, ham, broiled swiss and an over easy egg  
oatmeal with dates, walnuts & brown sugar cinnamon

fruit

yogurt

**Breakfast option #4:** yogurt pancakes with fresh blueberry syrup  
turkey sausage scrambled eggs  
banana walnut bran muffins with chocolate chips  
and chia

fruit

### **LUNCH MENU**

**Lunch option #1:** Welsh rarebit (cheddar cheese sauce blended with  
Dijon, Worcestershire, beer, and ham) served  
over toast and topped with breaded, fried  
parmesan egg

**Lunch option #2:** open-face grilled cheese with pepperoni on sour  
dough bread

**Lunch option #3:** chicken Caesar salad with buttermilk-poblano pepper  
dressing (not spicy)

**Lunch option #4:** medium-rare roast beef served on a roll with roasted  
red pepper, lettuce, and flavored mayonnaise

**\*\*All lunches are served with cookies, pickles and chips. In addition to your main dish, you may pick one lunch side and one lunch soup.\*\***

**Lunch sides:**

- 1. Indian style quinoa**
- 2. green bean oreganata – served at room temperature**
- 3. lentil and farro salad**
- 4. quinoa tabbouleh**

**Lunch soups:**

- 1. potato leek asparagus with yogurt**
- 2. country Tuscan tomato**

### **DINNER MENU**

**Dinner option #1: Chicken Thighs with Panko Parmesan crunchy coating**

**Dinner option #2: Chicken Porchetta - chicken breast stuffed with herbs and pancetta**

**Dinner option #3: Beef Stracotto - tender beef cooked in marinara, red wine, mushrooms and lemon zest**

**Dinner option #4: Broiled Shrimp Scampi in lemon butter**

**\*All dinners are served with homemade bread and dessert. In addition to your main entrée, you may choose 1 dinner side, 1 vegetable side, and 1 salad.\***

**Dinner sides:**

- 1. potato au gratin**
- 2. creamy polenta**
- 3. plain rice**

**Vegetable sides:**

- 1. green bean oreganata—served at room temperature**
- 2. roasted Brussel sprouts**
- 3. roasted cauliflower in miso soy**
- 4. seasonal vegetable**

**Salads:**

- 1. arugula with radicchio and artichoke heart**
- 2. raw Brussel sprouts with almond and radicchio**
- 3. Caesar salad with buttermilk-poblano pepper dressing (not spicy)**