

FRESH MARKET MENU

Weekly Menu: January 23rd-27th, 2012

Prices:

Entrée with Med. Drink \$5.99 +tx

Small Entrée \$2.99

Vegetable Side Dish \$1.29 +tx

Daily Soup Specials:

Monday

Cream of Potato

Old Fashioned Chicken Noodle

Tuesday

Broccoli and Cheese

Minestrone

Wednesday

Bacon Corn Chowder
Harvest Vegetable Soup

Thursday

Chicken and Dumplings
Hearty Beef Vegetable

Friday

Chicken Tortilla
Chili con Carne

Hours

Monday - Friday

Lunch – 11:00am-2pm

New!!-Limited Soup and Salad Bar

Open 2pm-4pm

Dinner- 4pm-7pm

(Closed during Convocation)

Manager

Jessica Kercher

434-592-3123



V= Vegetarian Option

MONDAY

Lunch

Herb Roasted Chicken Breast
Garlic Bread
Balsamic Roasted Vegetables
Broccoli in Cheese Sauce
Cheese Ravioli with Marinara – V
Devil's Food Cake with Mocha Icing

Dinner

Pork Chop w/ sweet & sour glaze
Sliced Lyonnais Potatoes
Tuscan Herbed Cod
Broccoli Florets, Fresh
Roasted Vegetables
Spaghetti with Olive Oil & Garlic
Dutch Crumb Apple Pie

TUESDAY

Lunch

Kentucky BBQ Beef Brisket
Mac & Cheese
Ranch Style Beans
Southern Cole Slaw
Sweet Corn
Cornbread
Bean & Cheese Nachos – V
Oreo Seven Layer Bar

Dinner

Herb Roasted Turkey Breast + Turkey Gravy
Bread Dressing
Sweet Potato Casserole
Spinach W/Garlic & Onions
Whole Berry Cranberry Sauce
Vegetable Lasagna – V
Apple Cobbler

WEDNESDAY

Lunch

Sloppy Joe Sandwich
Fried Tater Tots
Steamed Corn
Green Beans, Whole
Savory Baked Chicken
Pierogie Bar – V
Blondies

Dinner

Asian Stir Fry Vegetable Blend
Crispy Orange Chicken
Vegetable Fried Rice
Vegetable Egg Roll – V
Vegetable Lo Mein – V
Strawberry Shortcake Pudding
Cup

THURSDAY

Lunch

Chicken Cordon Bleu, Breast
Rice Pilaf
Sliced Steamed Carrots
Steamed Cauliflower
Pasta Primavera – V
Golden Graham S'moreos Bars

Dinner

Beef and Chicken Tacos
Served with Hard + Soft Shell
Spanish Rice – V
Steamed Corn
Vegetarian Refried Beans – V
Bean & Cheese Burrito – V
Frosted Brownies

FRIDAY

Lunch

Batter Fried Pollock
Curly French Fries
Peas & Carrots
Southern Cole Slaw
Oven Fried Chicken Quarter
Hushpuppies
Chocolate Chip Cookies

Dinner

Teriyaki Chicken
Jasmine Rice
Sesame Ginger Green Beans
Sliced Steamed Carrots
Curried Rice Noodles – V
Apple Cobbler