



PG WEEKLY MENU



THE WEEK OF OCTOBER 19-23

MONDAY

Entree: Breakfast for Lunch -
Crustless Quiche Bake,
Kielbasa, Home Fries,
GrowFood Carolina Local
Vegetable (Vegetarian
Option - Veggie Sausage)

Grill: Burgers, Home Fries,
Steamed Broccoli
(Vegetarian Option - Black
Bean Burger)

Power Bowl: Beef & Barley
Bowl - Braised Beef, Stewed
Lentils, Blistered Tomato,
Stewed Carrot, Arugula,
Herbed Yogurt Dressing
(Vegetarian Option -
Braised Mushroom)

TUESDAY

Entree: Jerk Chicken Taco, ,
Cilantro Lime Rice, Black Beans,
GrowFood Carolina Local
Vegetable, Toppings- Pineapple
Salsa, Pickled Red Onion, Cilantro
(Vegetarian Option - Jerk Jack
Fruit Taco)

Grill: Ground Beef Taco, Rice,
Toppings- Salsa, Sour Cream,
Shredded Cheese (Vegetarian
Option - Black Bean Taco)

Power Bowl: Beef & Barley Bowl -
Braised Beef, Stewed Lentils,
Blistered Tomato, Stewed Carrot,
Arugula, Herbed Yogurt Dressing
(Vegetarian Option - Braised
Mushroom)

Dessert: Cookie's

WEDNESDAY

CHOCOLATE MILK DAY

Entree/Grill: Pizza Day,
Ceasar Salad, Steamed Green
Beans, GrowFood Carolina
Local Vegetable

Power Bowl: Mediterranean
Shrimp Bowl - Roasted Shrimp,
Couscous, Blistered Tomato,
Sauteed Kale, Kalamata Olive,
Cucumber, Tzatziki, Hummus

THURSDAY

Entree: Italian Rigatoni Bake,
Sweet Italian Sausage, Steamed
Broccoli, Roasted Summer Squash,
GrowFood Carolina Local
Vegetable (Vegetarian Option -
Roasted Vegetable Italian Rigatoni
Bake)

Grill: Sloppy Joes, Tater Tots,
Steamed Green Peas

Power Bowl: Mediterranean
Shrimp Bowl - Roasted Shrimp,
Couscous, Blistered Tomato,
Sauteed Kale, Kalamata Olive,
Cucumber, Tzatziki, Hummus

FRIDAY

Ice Cream Day

Entree: Beef & Broccoli Stir Fry,
Jasmine Rice, GrowFood Carolina
Local Vegetable (Vegetarian
Option - Mushroom & Broccoli Stir
Fry)

Grill: Popcorn Chicken, Steamed
Green Peas (Vegetarian Option -
Veggie Chicken)

Power Bowl: Chef's Choice

AVAILABLE DAILY: SALAD
BAR, DELI BAR, SOUP, PRE-
MADE PANINI
SANDWICHES (US ONLY),
FRUIT/YOGURT/GRANOLA
BAR, 2% WHITE MILK,
CHOCOLATE
MILK(WEDNESDAY ONLY),
SWEET AND UNSWEET TEA
(US ONLY)

AVAILABLE MONDAY,
WEDNESDAY, FRIDAY:
BAGEL BAR

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MENU MAY BE MODIFIED
BASED ON PRODUCT
AVAILABILITY - UPDATES
WILL BE SHARED ON
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