

GLS Catering (Sample Menu)

Week 1

Monday, Lunch:

Build Your Own Gyro Bowls
White Rice, Gyro Meat or Greek Chicken, Assorted Toppings, and Hummus

Monday, Dinner:

Dijon Chicken with Mushroom Cream Sauce
Brown Rice & Roasted Vegetable Medley

Tuesday, Lunch:

Smothered Burritos
Mexi-Rice, Refried Beans, Tortilla Chips, and Salsa

Tuesday, Dinner:

Swedish Meatballs
Mashed Potatoes, Gravy, and Mixed Vegetables

Wednesday, Lunch:

Wing Wednesday
Green Bean Fries, Carrots & Celery

Wednesday, Dinner:

Seared Salmon
Spaghetti *with Pesto Sauce and Seasonal Vegetables*

Thursday, Lunch:

Chinese Beef & Broccoli
Lo Mein and Spring Rolls

Thursday, Dinner:

Stuffed Pork Loin
Roasted Red Potatoes and Vegetable Blend

Friday, Lunch:

Caesar Wraps
Potato Chips and Tomato Soup

Week 2

Sunday, Brunch:

French Toast
Bacon and Scrambled Eggs

Sunday, Dinner:

Italian Herb Crusted Chicken
Gnocchi with Fresh Herbs and Steamed Broccoli

Monday, Lunch:

Build Your Own Bread Bowl
Broccoli Cheese, Chicken Noodle, or Lentil Soup with Assorted Toppings

Monday, Dinner:

Pot Roast
Roasted Vegetable Blend and Dinner Roll

Tuesday, Lunch:

Build Your Own Nachos
Mexi-Rice, Refried Beans, Tortilla Chips, White Queso, and Assorted Toppings

Tuesday, Dinner:

Chicken Parmesan
Angel Hair Pasta, Roasted Cauliflower, Garlic Breadstick

Wednesday, Lunch:

Stir Fry Station (Build Your Own Stir Fry Cooked to Order)

Wednesday, Dinner:

Shepard's Pie
Fresh Roasted Corn on the Cob

Thursday, Lunch:

KFC Bowl
Mashed Potatoes, Popcorn Chicken, Gravy, and Assorted Toppings

Thursday, Dinner:

Oven Roasted Pork Chops
Baked Sweet Potatoes with Assorted Toppings and Roasted Brussel Sprouts

Friday, Lunch:

Turkey Melts
Chefs Choice Soup and Corn Fritters

Week 3

Tuesday, Lunch:

Mexican Style Street Tacos
Mexi-Rice, Refried Beans, Tortilla Chips, and Guacamole

Tuesday, Dinner:

Kansas City Style Burnt Ends
Whipped Potatoes, Roasted Broccoli, and Garlic Bread

Wednesday, Lunch:

Omelet Station (Build Your Own Omelet Cooked to Order)
Potato Gems and Mixed Fruit

Wednesday, Dinner:

Andouille Sausage with Peppers and Onions
Corn on the Cob and Roasted Vegetable Blend

Thursday, Lunch

Four Cheese Mac and Cheese with Honey Pepper Sauce
Breadsticks

Thursday, Dinner:

Chicken Cordon Bleu
Italian Smashed Potatoes, Brussel Sprouts, and Dinner Roll

Friday, Lunch:

Build Your Own Coney Dog
French Fries

Week 4

Sunday, Brunch:

Chicken & Waffles
Bacon, Scrambled Eggs, Mixed Fruit, Yogurt

Sunday, Dinner:

Asparagus Stuffed Flank Steak
Green Bean Casserole and Parmesan Orzo

Monday, Lunch:

Buffalo Chicken Wraps
Potato Chips and Assorted Raw Vegetables with House Made Ranch Dip

Monday, Dinner:

Cheese Ravioli
Bowtie Pasta, Choice of Pesto or Marinara Sauce, and Vegetable Medley

***Vegetarian Meals are prepared in small quantities and only for vegetarian residents.**

The menu provided should only be considered a sample of what the chefs can prepare. Meal requests are strongly encouraged by the residents during the school year. Get to know your chefs well as they have your food happiness in mind all day long!

GLS Catering is a subsidiary of GLS Commercial Management, Inc.

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