

# LUNCH

## ITALIAN LUNCH

One soup selection Two salad selections Two protein selections Two vegetable selections Two starch selections Assorted desserts



### SOUPS

#### Italian Minestrone

Assorted vegetables, fresh thyme, small shell pasta

#### Sicilian

Roasted Bell Peppers, sundried tomatoes, fresh rosemary, garlic cream

### SALADS

#### Quinoa & Arugula

Wild Quinoa, fresh arugula, tomatoes, mint and lime cider vinaigrette

#### Tuscan Greens

Spring mix, strawberry, goat cheese, toasted almonds, rainbow tomatoes, zesty Italian dressing

### PROTEIN

#### Italian Crusted Chicken Breast

Lemon & Saffron cream sauce, fresh thyme, sundried tomatoes, seared lemon

#### Pesto Penne

Al Dente penne pasta, basil and roasted tomato pesto, Parmesan Cheese, roasted red and green bell peppers, fresh parsley, olive tapenade

#### Milano Salmon

BC Salmon Filet, dill and lemon cream, roasted bell peppers, fresh tarragon rub

#### Mac'n'Wow

Macaroni Pasta, assorted vegetables, corn, roasted garlic cheese sauce, charred lemon, truffle oil, crispy basil

### VEGETABLES

#### Grilled Zucchini

Crushed pepper, olive oil

#### Glazed Carrots

Honey, dehydrated thyme

#### Broccoli

Cinnamon powder, sea salt

### STARCH

#### Italian Roasted Potatoes

Italian Seasoning, Olive Oil, dehydrated lemon, Kennebec potatoes

#### Pea Pilar

Roasted Cumin, basmati rice, green peas, bay leaf, ground cinnamon

#### Mashed Potato

Scallion Garnish