



February 26th through March 4th

Maine Central Institute dining services are proudly managed by CulinArt Group

































































**Breakfast:** Monday through Friday 7:00AM to 8:00AM

**Lunch:** Monday through Friday 12:00PM to 2:05PM

**Brunch:** Saturday & Sunday 10:00AM to 11:00AM

**Dinner:** Sunday through Saturday 5:00PM to 6:00PM

Phone: (207) 487 4455 | Email: dining@mci-school.org

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WAKIN' UP	Scrambled Eggs  , Fried Eggs  , Breakfast Potatoes  , Bacon, Meatless Sausage Patty 						
WAKIN' UP SPECIAL	<b>Brunch:</b>	Greek Omelet 	Sausage & Bacon Pizza	Chorizo and Mushroom Egg Scramble	Broccoli and Red Pepper Frittata 	Egg & Cheese Bagel  Bacon, Egg, & Cheese Bagel	<b>Brunch:</b> Blueberry Buttermilk Waffles
LUNCH	<b>Always Available:</b> Fresh Salad Bar Fresh Apples, Bananas, Pears, and Oranges Skim Milk, 2% Milk and Fat Free Chocolate Milk						
KETTLE SOUP		Chicken and Mushroom 	Potato and Leek 	Turkey Chili	Split Pea 	Beef and Barley	
CHEF'S TABLE		Korean Pork and Vegetable Stir Fry  Bang Bang Tofu 	Peruvian Roasted Chicken  Mushroom and Carrot Stew Estofado  	Beef Bolognese  Mushroom Parmesan 	Smoked Chipotle Baby Back Ribs  BBQ Baked Beans 	Chicken Piccata  Cheese Ravioli with Marinara 	
SIDES		Coconut Jasmine Rice   Soy Sauteed Eggplant  Seared Broccoli in Garlic Sauce	Yellow Rice  Lemony Roasted Carrots   Fried Sweet Plantains 	Whole Wheat Penne  Italian Herb Zucchini and Yellow Squash   Parsley Roasted Potatoes  	Caramelized Brussel Sprouts  Baked Macaroni and Cheese  Honey Butter Cornbread 	Garlic Parmesan Roasted Sweet Potatoes  Brown Rice Pilaf   Steamed Green Peas and Carrots  	
COMPOSED SALAD		Sesame Soy Cole Slaw 	BLT Macaroni Salad	Spicy Green Bean Salad 	Citrus Barley Lentil Salad  	Classic Potato Salad 	
CITY GRILL		BBQ Chicken Pizza  Cheese Pizza 	Sloppy Joe Sandwich  Mushroom Lentil Sloppy Joe 	Cheddar and Ham Grilled Cheese  Cheddar Grilled Cheese 	Chicken Tenders  BBQ Chicken Tenders	Cheeseburgers  Veggie Cheeseburgers 	
DINNER	<b>Always Available:</b> Fresh Salad Bar Fresh Apples, Bananas, Pears, and Oranges Skim Milk, 2% Milk and Fat Free Chocolate Milk						
KETTLE SOUP	Chicken and Mushroom 	Potato and Leek 	Turkey Chili	Split Pea 	Beef and Barley	Corn Chowder 	Tuscan Sausage and Sundried Tomato
CHEF'S TABLE	Sloppy Joe Mac 'n Cheese  Tempeh Sloppy Joe 	Lemon Mustard Roasted Turkey Breast  Green Bean Casserole 	Beef Taco Meat  Refried Beans 	General Tso Chicken  Teriyaki Tofu 	Italian Sausage and Peppers  Mozzarella Stuffed Rice Balls 	Honey BBQ Meatloaf  Pineapple BBQ Tofu 	Chicken Noodle Soup Casserole  Southwestern Rice Bake  
SIDES	Lemon Garlic Mashed Potatoes	Wild Rice Pilaf  	Cilantro Lime Brown Rice  	Sweet Chili Lo Mein 	Baked Ziti 	Crispy Brussel Sprouts 	Parmesan Creamed Spinach

\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your chance for foodborne illness



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	<div>V</div> <div>Seasoned Green Beans</div> <div>EW VG</div>	Sauteed Carrots Eggplant and Green Beans	<div>EW VG</div> <div>Chili Roasted Sweet Potato Wedges</div> <div>Queso Sauce</div> <div>V</div>	<div>EW VG</div> <div>Stir Fried Mixed Vegetables</div> <div>Steamed Edamame</div> <div>EW VG</div>	<div>V</div> <div>Lemon Parmesan Roasted Broccoli</div> <div>Herbed garlic Bread</div> <div>V</div>	<div>V</div> <div>Cheesy Spaghetti Pie</div> <div>V</div>	<div>V</div> <div>Paprika Roasted Carrots</div> <div>EW VG</div>
CITY GRILL	<div>V</div> <div>Cheeseburgers</div> <div>Veggie Cheeseburgers</div> <div>V</div>	Chicken Tenders Buffalo Chicken Tenders	<div>EW VG</div> <div>Chicken Fajita Burrito</div> <div>Black Bean and Brown Rice Burrito</div> <div>EW VG</div>	<div>V</div> <div>Beef Taco Pizza</div> <div>Cheese Pizza</div> <div>V</div>	<div>V</div> <div>Apple and Cheddar Panini</div> <div>Mozzarella and Pepperoni Panini</div>	<div>V</div> <div>Chorizo Quesadilla</div> <div>Corn and Black Bean Quesadilla</div> <div>V</div>	<div>V</div> <div>Beef Hotdogs</div> <div>Veggie Dogs</div> <div>V</div>