



May 22nd through May 29th

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  , Pork Sausage Links, Bacon, Meatless Sausage Patty 						
WAKIN' UP SPECIAL	Scrambled Eggs with Cheddar Cheese	Chocolate chip pancakes	Spicy Egg and Cheese Burrito	Breakfast Pizza with Scrambled Eggs and Mozzarella Cheese	Cinnamon French Toast	Fried Egg and Cheese on a Biscuit	Orange and White Chocolate Chip Pancakes
LUNCH	Always Available: Fresh Salad Bar Fresh Apples, Bananas, Pears, and Oranges Skim Milk, 2% Milk and Fat Free Chocolate Milk						
KETTLE SOUP		Cream of Spinach Soup 	Chicken Noodle Soup	Creamy Ham and Potato Chowder	Three Bean Chili 	Pumpkin Curry Soup 	
CHEF'S TABLE		Sloppy Joe's Boston Baked Beans 	Chipotle Orange Honey Chicken Tacos with Pico De Gallo Smoky Spiced Cauliflower and Avocado Tacos 	Wellness Wednesday Parmesan Crusted Chicken and Whole Wheat Penne Sauté Baked Ziti 	Szechuan Pork and Vegetables Honey Ginger Tofu and Vegetables 	Chicken Alfredo Broccoli Alfredo 	
SIDES		Brown Rice Pilaf  Roasted Green Beans  Steamed Baby Carrots 	Cilantro Lime Rice  Roasted Summer Squash  Cauliflower with Cheddar Cheese Sauce 	Roasted Italian Vegetables  Sauteed Spinach  Dinner Roll	Brown Rice  Roasted Sesame Mushrooms  Teriyaki Green Beans 	Garlic and Olive Oil Pasta  Garlic Roasted Broccoli  Roasted Tomatoes and Green Beans	
COMPOSED SALAD		Deli Bar	Deli Bar	Sliced Ham Lettuce, Tomato and Assorted Cheeses	B.L.T Bar	Deli Bar	
CITY GRILL		French Bread Pizza 	BBQ Chicken Club Melt	Hamburger Omelet Bar	Beef Hotdog	Cheese Quesadilla	
DINNER	Always Available: Fresh Salad Bar Fresh Apples, Bananas, Pears, and Oranges Skim Milk, 2% Milk and Fat Free Chocolate Milk						
KETTLE SOUP	Cream of Spinach Soup 	Chicken Noodle Soup	Creamy Ham and Potato Chowder	Three Bean Chili 	Creamy Buffalo Chicken Soup	Pumpkin Curry Soup 	Pumpkin Curry Soup 



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CHEF'S TABLE	Shepards Pie Black Bean and Rice Stuffed Peppers V	Orange Chicken and Vegetable Stir Fry Orange Tofu and Vegetables VG	Roast Beef and Gravy Honey Apple Glazed Tofu V	Soy, Ginger Glazed Chicken Vegetarian Bratwurst V	Chimichurri Steak Chimichurri Tofu VG	Paprika Roasted Chicken Buffalo Fried Tofu VG	Swedish Meatballs Baked Beans V
SIDES	Roasted broccoli VG Roasted Vegetable Medley EW VG Dinner Roll V	Jasmine Rice EW VG Sauteed Swiss Chard EW VG Roasted Sesame Mushrooms EW VG	Mashed Potatoes V Sauteed Cabbage VG Dinner Roll V	Basmati Rice V Lemon Roasted Carrots EW VG Roasted Broccoli EW VG	Herb Roasted Potatoes EW VG Sauteed Garlic Kale EW VG Roasted Cauliflower EW VG	Potato Latkes EW VG Vegetable Medley EW VG Challah V	Garlic Noodles VG Roasted Broccoli EW VG Roasted Yellow Squash EW VG
CITY GRILL	Buffalo Chicken and Ranch Sandwich	Vegetable Egg Roll	Buffalo Chicken and Ranch Pizza Cheese Pizza	Ham, Egg, and Cheese Calzone	Fried Korean BBQ Chicken Sandwich with an Asian Slaw	Mushroom Swiss Burger	Mozzarella Sticks with Marinara V