













































































February 5th through 11th

Maine Central Institute dining services are proudly managed by CulinArt Group
Food Service Director: Liz York

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

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WAKIN' UP	Scrambled Eggs  , Fried Eggs  , Breakfast Potatoes  , Meatless Sausage Patty 						
WAKIN' UP SPECIAL	Brunch: Crunchy Banana Fritters 	Spinach, Tomato, Mushroom Frittata 	Crustless Bacon and Greens Quiche	BBQ Beef Breakfast Quesadilla	Beef Taco Omelet	Egg & Cheese English Muffin  Bacon, Egg, & Cheese English Muffin	Brunch: Orange Cranberry Pancakes
LUNCH	Always Available: Fresh Salad Bar Fresh Apples, Bananas, and Oranges Skim Milk, 2% Milk and Fat Free Chocolate Milk						
KETTLE SOUP		Carrot Ginger  	Chicken Noodle	Indian Spiced Lentil 	Italian Wedding	Creamy Tomato 	
CHEF'S TABLE		BBQ Roasted Chicken Three Bean Chili  	Ginger Turkey Meatballs Roasted Winter Squash Medley  	Sloppy Joe Mac 'n Cheese Tempeh Sloppy Joe 	Citrus Mojo Pork Loin Orange Mojo Tofu 	Chicken Tikka Masala Chana Masala 	
SIDES		Whole Wheat Penne with Spinach   Zucchini Tomato Sauté   Garlicky Oven Fries 	Garlic Teriyaki Brown Fried Rice  Roasted Carrots   Roasted Ginger Orange Cauliflower 	Roasted Zucchini   Mashed Potatoes  Ancient Grain "Farrotto"  	Cilantro Lime Brown Rice   Spiced Black Beans   Baked Sweet Plantains 	Basmati Brown Rice   Sauteed Chicken and Spinach   Turmeric Roasted Sweet Potato Wedges  	
COMPOSED SALAD		Tofu Edamame Corn Salad 	Citrus Barley Lentil Salad  	Greek Wild Rice Salad 	Quinoa Herb Tabbouleh  	Chicken BLT Pasta Salad	
CITY GRILL		Hawaiian Pizza Cheese Pizza 	Pork Quesadilla Cheese Quesadilla 	Chicken Fajita Burrito Black Bean and Brown Rice Burrito 	Chicken Tenders BBQ Chicken Tenders	Chili Dog American and Mozzarella Grilled Cheese 	
DINNER	Always Available: Fresh Salad Bar Fresh Apples, Bananas, and Oranges Skim Milk, 2% Milk and Fat Free Chocolate Milk						
KETTLE SOUP	Carrot Ginger  	Chicken Noodle	Indian Spiced Lentil 	Italian Wedding	Creamy Tomato 	Butternut Squash Bisque 	Beef and Barley
CHEF'S TABLE	Beef Lasagna Stuffed Portobello Mushrooms 	Five Spiced Roasted Pork Loin Siracha Marinated Tofu 	Chicken Enchiladas Roasted Vegetable Enchiladas 	Baked Potato Bar: Sloppy Joe Stuffed Potato Tofu Wild Rice Stuffed Sweet Potatoes 	Beef Chili Quinoa Black Beans Stuffed Squash 	Shrimp and Broccoli Alfredo Eggplant Parmesan 	Char Siu Roasted Pork Ginger Brown Sugar Tofu Broccoli Stir Fry 
SIDES	Italian Roasted Vegetables 	Steamed Jasmine Rice 	Mexican Red Rice and Beans 	Parmesan Creamed Spinach 	Steamed Brown Rice  	Whole Wheat Penne  	Thai Pineapple Fried Rice 



February 5th through 11th

Maine Central Institute dining services are proudly managed by CulinArt Group
Food Service Director: Liz York

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

	Mashed Sweet Potatoes EW VG Baked Ziti V	Miso Chili Edamame V Sesame Bok Choy EW VG	Cumin Roasted Potatoes EW VG Chili Charred Corn EW VG	Roasted Acorn Squash EW VG	Oven Brownd Potatoes EW VG Roasted Zucchini EW VG	Pesto Roasted Cauliflower V Cheesy Garlic Bread V	Carrot Green Onion Sauté EW VG Maple Miso Sweet Potatoes VG
CITY GRILL	Chicken Tenders Buffalo Chicken Tenders	African American Heritage Month: Garlic Herb Pork Sandwich with Crispy Creole Slaw	Pork Potsticker Dumplings Vegetable Potsticker Dumplings V	Buffalo Chicken Pizza Cheese Pizza V	Mozzarella Sticks with Marinara V	American and Mozzarella Grilled Cheese V Ham and American Grilled Cheese	BBQ Turkey Cheeseburgers Veggie Cheeseburgers V