



April 30<sup>nd</sup> through May 6<sup>th</sup>

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 and Ham	Cinnamon Sugar Pancakes	Scrambled with Potatoes, Sausage and Cheddar	Breakfast Pizza with Scrambled Eggs and Mozzarella Cheese	Spicy Cheese Quesadilla	Fried Egg and Cheese on a Biscuit	Coconut French Toast
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		Cream of Tomato Soup 	Chicken Noodle	New England Clam Chowder	Beef and Barley Soup	Corn Chowder 	
CHEF'S TABLE		Fried Chicken Parmesan  Eggplant Parmesan 	Sloppy Joe's  Fried Teriyaki Tofu 	Garlic Crusted Pork Loin  Cajun Fried Tofu 	BBQ Meatballs with Peppers and Onions  Barbecue Baked Beans 	Pork Carnitas in a Warm Tortilla  Refired Beans 	
SIDES		Spaghetti with Marinara   Sauteed Garlic Zucchini   Steamed Corn 	Herb Roasted Potatoes   Roasted Green Beans with Shallots   Sauteed Yellow Squash 	Brown Rice Pilaf   Buffalo Roasted Cauliflower   Sauteed Spinach 	Mashed Potatoes   Roasted Grape Tomatoes   Steamed Green Beans 	Cilantro Lime Rice   Mexican Street Corn   Roasted Cauliflower 	
COMPOSED SALAD		Egg Salad and Pickle Spears	Buffalo Ranch Chicken Salad	Sliced Turkey, Lettuce, Tomato and Assorted Cheeses	B.L.T Bar	Ham, Lettuce, Tomato, Pickles and Assorted Cheeses	
CITY GRILL		Grilled Cheese Sandwich 	Beef Hot Dogs	Honey Mustard Fried Chicken Sandwich  Veggie Burger 	Buffalo Chicken and Cheddar Slider	Pepperoni Pizza  Cheese Pizza 	
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	Cream of Tomato Soup 	Chicken Noodle	New England Clam chowder	Beef and barley Soup	Corn Chowder 	Cheddar Broccoli Soup 	Cheddar Broccoli Soup 
CHEF'S TABLE	Barbecue Pulled Pork  Baked Beans 	Chipotle Beef Tacos  Crispy Buffalo Tofu 	Chicken Broccoli Alfredo Pasta Bake  Cheesy Broccoli Pasta 	General Tso's Chicken with Stir Fried Vegetables  Tofu Stir Fry 	Beef Lasagna  Three Cheese Lasagna 	Honey Ginger chicken  Fried Sweet Chili Tofu 	Brown Sugar Glazed Ham  Fried Sesame Tofu 



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SIDES	Macaroni and Cheese V Sauteed Kale and Spinach EW VG Steamed Corn EW VG	Spicy Mexican Rice Chili Roasted Corn V Pico De Gallo, Sour Cream, Cheddar Cheese, Onions, Jalapenos, Shredded Lettuce and Tomatoes	Roasted Cauliflower EW VG Sauteed Summer Squash EW VG Garlic Bread Stick V	Jasmine Rice EW VG Sesame Roasted Mushrooms EW VG Sauteed Ginger Napa Cabbage EW VG	Sauteed Garlic Zucchini EW VG Roasted Green Beans EW VG Cheese Stuffed Breadstick V	White Rice EW VG Peas and Corn EW VG Steamed Baby Carrots EW VG	Mashed Potatoes V Sauteed Kale EW VG Steamed Corn EW VG
CITY GRILL	Cheesy Calzone V	Hamburger V Veggie Burger V	Fried Barbecue Chicken Sandwich with Cheddar	French Fry Bar with Cheese Sauce, Beef Chili, Sour Cream, Bacon Bites, and Cheddar Cheese	Chicken, Bean and Cheese Burrito Bean and Cheese Burrito V	Cheese Quesadilla V	Baked Corn Dogs