Menu for week of Feb 18 – 22nd, 2019
Monday through Friday (Breakfast, 8am-10:30am) 11:30AM to 2:30PM
Jeff Galvin, Food Service Director, 301-738-6321 shadygroveumd@culinartinc.com

This Week’s Featured Items: Beyond Breakfast Month on Tuesday, Heart Healthy

### MAKE THE CHOICE THAT’S RIGHT FOR YOU.
- **EAT WELL**
- **500-CALORIES OR LESS**
- **VEGETARIAN**
- **VEGAN**

<table>
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<tr>
<th>Day</th>
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| **MONDAY 02.18** | SOUPER SOUPS  
Cream of Mushroom w/ Wild Rice | Maryland Crab Soup |                                     |
|              | GLOBAL FLAVORS  
Spaghetti & Meatballs |                                     |                                     |
|              | SIDES  
Roasted Vegetable Medley | Garlic Bread |                                     |
|              | GRILL  
Classic Tuna Melt |                                     |                                     |
|              | PIZZA  
Veggie Pizza “by the slice” | Everyday Cheese and Pepperoni is Available! |                                     |
|              | UPMARKET DELI  
Pesto Turkey Panini/ Roast Beef & Brie Panini Garlic Aioli |                                     |                                     |
| **TUESDAY 02.19** | SOUPER SOUPS  
Maryland Crab Soup | Pepper Pot Soup |                                     |
|              | GLOBAL FLAVORS  
Citrus Mojo Pork |                                     |                                     |
|              | SIDES  
Fried Plantain | Cuban Style Corn |                                     |
|              | GRILL  
Classic Tuna Melt |                                     |                                     |
|              | PIZZA  
Meat Lovers Pizza “by the slice” | Everyday Cheese and Pepperoni is Available! |                                     |
|              | UPMARKET DELI  
Pesto Turkey Panini/ Roast Beef & Brie Panini Garlic Aioli |                                     |                                     |
| **WEDNESDAY 02.20** | SOUPER SOUPS  
Pepper Pot Soup | Shrimp Bisque |                                     |
|              | GLOBAL FLAVORS  
Heart Healthy Wednesdays – Sesame Seared Tuna & Avocado |                                     |                                     |
|              | SIDES  
Creamed Baby Bok Choy | Vegetable Fried Rice |                                     |
|              | GRILL  
Combination Hot Dog Special-2 hot dogs w/ Fries and Small Fountain Soda |                                     |                                     |
|              | PIZZA  
BBQ Chicken Pizza “by the slice” | Everyday Cheese and Pepperoni is Available! |                                     |
|              | UPMARKET DELI  
Pesto Turkey Panini/ Roast Beef & Brie Panini Garlic Aioli |                                     |                                     |
| **THURSDAY 02.21** | SOUPER SOUPS  
Shrimp Bisque | Split Pea & Sweet Potato Soup |                                     |
|              | GLOBAL FLAVORS  
Buttermilk Fried Chicken |                                     |                                     |
|              | SIDES  
Mash Potato | Garlic Green Beans |                                     |
|              | GRILL  
Combination Hot Dog Special-2 hot dogs w/ Fries and Small Fountain Soda |                                     |                                     |
|              | PIZZA  
BBQ Chicken Pizza “by the slice” | Everyday Cheese and Pepperoni is Available! |                                     |
|              | UPMARKET DELI  
Pesto Turkey Panini/ Roast Beef & Brie Panini Garlic Aioli |                                     |                                     |
| **FRIDAY 02.22** | SOUPER SOUPS  
Split Pea & Sweet Potato Soup |                                     |                                     |
|              | GLOBAL FLAVORS  
Pan-Fried Flounder w/ Cajun Remoulade |                                     |                                     |
|              | SIDES  
Fried Okra | Dirty Rice |                                     |
|              | GRILL  
Combination Hot Dog Special-2 hot dogs w/ Fries and Small Fountain Soda |                                     |                                     |
|              | PIZZA  
Sausage & Pepper Pizza “by the slice” | Everyday Cheese and Pepperoni is Available! |                                     |
|              | UPMARKET DELI  
Pesto Turkey Panini/ Roast Beef & Brie Panini Garlic Aioli |                                     |                                     |

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.*