



LYNDON INSTITUTE

Sample Menu • Date Oct 9th – Nov 12th, 2017



MONDAY

Street Food Via Piada

Penne, Spaghetti, meat balls, sausage, marinara, Alfredo, peppers & onions, broccoli, garlic bread

Main Event

Meat loaf mashed carrots

Grille

Cheese Quesadilla w/ Sweet Potato Fries

TUESDAY

Street Food

Wasabi

Build your own Oriental Wrap or Top Lo Mein Noodles and Rice with Shrimp Shredded Beef, Chicken and Assorted Vegetables

Main Event

Sheppard's Pie

Grille

Meat Lovers Pizza

WEDNESDAY

Street Food

Fahrenheit 160

Turkey or Beef Patty with Choice of Bacon, Sautéed Veggies, Assorted Cheeses, Fun Hot or Mild Sauce. Use a Bulkie or Pretzel bun!

Main Event

Chicken pot Pie

Grille

Chicken Philly Cheesesteak French Fries

THURSDAY

Street Food

Smokehouse BBQ

BBQ Beef or Pulled Pork Sandwich with a Fun Topping Bar that includes Coleslaw.

Main Event

Vermont Mac & cheese

Grille

Tomato Basil Pizza

FRIDAY

Street Food

Mashed Potato Bar

Top you're Spuds with a Variety of Protein and Vegetable Choices Sure to be a Smash!

Main Event

Chop Suey

Grille

Mushroom Swiss Burger

Available Daily

Street Food

Burito Bar

Corn & beans

Rice

Seasoned ground beef

Favorite Fillings

Main Event

Roast Turkey

Stuffing, cranberry sauce

Grille

Chicken & Cheese Sandwich
Roasted Potatoes

Street Food

Scramblers

Build your own Breakfast Sandwich, Croissant, and Muffin, with a variety of Scrambled Eggs, Meats, Cheeses and other Fun Toppings.

Main Event

Pasta Bar

Dinner Roll

Grille

Hawaiian Pizza

Street Food

Paradise Alley

Caribbean

Build your own Seasoned Wrap with Jamaican Jerk Cod Top with a Variety of Salsas, Vegetables and Sour Cream

Main Event

General Taos Chicken

Rice

Grille

Italian Sub Fries

Street Food

Fried Rice Bar

Seasoned Ground Beef Rice with Asian style vegetables, Chow Mein Noodles and Fortune Cookie

Main Event

Chicken cordon Blue

Roasted Potato

Green Beans

Grille

Buffalo Chicken Pizza

Street Food

Caesar Salad

Freshly Tossed with your choice of Chicken, Veggies, and Homemade Croutons Don't forget to add Fresh Shaved Parmesan!

Make a Wrap if you want!

Main Event

Beef Goulash

Garlic Bread

Grille

Fish Sandwich
Onion Rings

Street Food

Big Apple Hot Dog Bar

Natural Casing Dogs with Chili, Cheese Sauce, Kraut or Traditional Toppings Have Fun, hit it out of the Park!

Main Event

Baked Ziti

Marinara Alfredo

Grille

Roasted Vegetable Hoagie
Roasted Potato

Street Food

Kalamata's Greek Bar

Build a Pita with, Spicy beef Hummus, add a Variety of Vegetables & Tzaziki Sauce

Main Event

Roasted Chicken

Mashed

Squash

Dinner Roll

Grille

Margarita Pizza

Street Food

Smokehouse BBQ

Chicken

Bar-Memphis, Carolina & Texas Style

Make a Wrap or sandwich if you want. We like to top ours with Coleslaw!

Main Event

Sheppard's Pie

Grille

Grilled Cheese
Tomato Soup

Street Food

Taco Bar

Soft & hard Shells

Taco Meat

Favorite Fillings

Main Event

Ravioli

Marinara Alfredo

Garlic bread

Grille

Meat lovers Pizza

Street Food

Sesame Beef & Chicken

Stir Fried with an Assortment of Asian Vegetables served over Steamed Rice. Top with Chow Mein Noodles and Sesame Seeds

Main Event

Brat Worst

Baked Beans

Corn Bread

Grille

Turkey, Bacon,
& Swiss Melt
Sweet Fries

Salad Bar

An Assortment of Fresh Vegetables, Fresh Fruits, Meats and Cheeses. Specialty Salads, variety of fun and Healthy topping's to include Super Foods. All your favorite Dressings and We will feature local produce,

Street Food

Philly Cheese Steak

Bar

Chicken or Beef sautéed with your choice of Vegetables and Cheese

Main Event

Chicken Parmesan

Fettuccini

Grille

Mushroom Pizza

Street Food

Chipotle Chicken

Flat Bread

Sautéed Chipotle Flavored Chicken, Seasoned Vegetables and Fun Toppings to go on Grilled Flat Bread

Main Event

Meatball & Pasta Bar

Roll

Grille

Cheese Quesada

Street Food

Lo Mein Bar

Chicken Sautéed with Crispy Vegetables, Sesame, Ginger and Lo Mein Noodles

Main Event

Italian Baked Chicken

Roasted Potato

Green Beans

Grille

Italian Sausage Pizza

Street Food

Mexican Taco Salad

Taco Beef, Build a Salad with Crispy Chips, Seasoned Beef and Veggies, Refried Beans and Rice, Salsa & Sour cream

Main Event

Tortellini Alfredo

Garlic bread

Grille

Chicken Tenders & fries

Street Food

Fahrenheit 160

Beef Patty with Choice of Bacon, Sautéed Veggies, Assorted Cheeses, Fun Hot or Mild Sauce. Use a Vermont Bun

Main Event

Pot Roast

Mashed

Peas

Grille

Meat lovers Pizza

Deli Bar

Freshly prepared Subs, Sandwiches, Wraps Deli Meats & Cheese Hummus Assorted Protein Salads Fresh Vegetables

Street Food

Crispy Chicken Salad

Chicken sautéed to a crisp with your choice of Vegetables and Cheese and Chow Mein Noodles

Main Event

Chicken Wing Bar

Rice

Grilled Vegetables

Grille

BLT Sandwich
Roasted Potatoes

Street Food

Creole's

Create a Bowl or Wrap With Chicken Gumbo Cajun Sausage, Vegetables and More

Main Event

Baked Potato Bar

With Toppings

Grille

Big Mac Pizza

Street Food

Chaat Wallah's

Tandoori chicken

Korma Sauce

Vegetables

Rice

Main Event

Baked Pasta

Toss Salad

Garlic Roll

Grille

Italian Sausage Sub
Fries

Marketing Space

Local

Etc.

Marketing Space

Nutrition

Etc.

Other Items

Available Daily
Home Made Soup
Healthy Snacks
Beverage to include
Milk 1% or Low Fat