



GCTS Resident Dining

Week of Monday February 4

Need lunch to go? Get a deli sandwich made to order during any weekday lunch.

Feel like Salad? Visit our Salad Bar, available every lunch and dinner.

Hours

Monday - Friday
11:30am - 1:00pm
5:00pm - 6:00pm

Saturday
12:00pm - 1:00pm
5:00pm - 6:00pm

Menu subject to Change

Manager

Frank Gillespie
x4041

Chef

Tom Brogolino
x4069



Monday

Dinner: Baked Cod with Herb Crust 🍷🌿
BBQ Chicken Quarter
Stuffed Green Pepper with Marinara Sauce 🌿
Lunch: Cuban Pork Loin 🍷🌿
Charleston Crab Cakes 🌿
Cavatelli with Marinara Sauce & Zucchini 🍷

Tuesday

Dinner: Hamburger on Bun
Cheeseburger on Bun
Vegetarian Gardenburger 🍷🌿
Lunch: Teriyaki Chicken Wings with Wasabi 🌿
Sweet & Sour Pork with Rice
Hawaiian Vegetarian Stir-Fry & Rice 🍷

Wednesday

Dinner: Roast Turkey Breast 🍷🌿
Golden Fried Catfish 🌿
Sesame Tofu 🌿
Lunch: Chicken Piccata 🌿
Garden Vegetable Quiche 🌿
Quiche Lorraine 🌿

Thursday

Dinner: Apple Ginger Pork Chop 🍷🌿
Rosemary Chicken Quarter 🌿
Baked Ziti 🍷
Lunch: Roasted Vegetable Calzone 🍷
Mozzarella, Provolone & Parmesan Calzone 🍷
BBQ Chicken Calzone

Friday

Dinner: Beer Batter Fried Cod 🌿
Philly-Style Cheese Steak with Peppers
Spinach & Mushroom Frittata 🍷🌿
Lunch: Macaroni & Cheese
Venetian Talipai 🌿
Veggie Shepherd's Pie 🍷

Saturday

Dinner: Monte Cristo Sandwich
Turkey London Broil 🍷🌿
Black Beans & Corn Sauce over Rice 🌿🍷
Brunch: French Toast 🍷🌿
Scrambled Eggs 🍷🌿
Tater Tot Casserette

Sunday - Closed

Closed: Cafeteria Closed Today

🍷 vegetarian 🌿 vegan 🌿 carb-friendly 🍷 well-balanced