



GCTS Resident Dining

Week of Monday February 12

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

Paul Ambrefe
x4069



Monday

Lunch: Chicken Rio Over Rice 🍷
Kielbasa Sandwich
Cheese Ravioli 🍷🍷
Dinner: Savory Baked Chicken 🌿
Denver Potato Egg Skillet
Mexican Lasagna 🍷

Tuesday

Lunch: Sausage & Caramelized Onions Pizza
Grilled Vegetable Pizza 🍷🍷
Taco Salad
Dinner: Sesame Pork
Chicken Scaloppine Marsala 🍷🌿
Four Cheese Pasta 🍷

Wednesday

Lunch: Ground Beef Stroganoff 🍷🌿
Chicken Patty Sandwich
Pasta with Vegetables & Walnuts 🍷🍷
Dinner: Country Fried Steak with Brown Gravy 🌿
Pasta Alfredo (Reduced Fat) 🍷🍷
Falafels 🌿

Thursday

Lunch: Italian Meatball Sandwich 🍷
Beef Ragout Burgundy with Noodles 🍷
Eggplant Parmesan Casserole 🍷🌿🌿
Dinner: Rigatoni 🍷🍷
Beef Fajitas 🍷
Fruit Glazed Chicken Breast 🍷🌿

Friday

Lunch: Fried Clam Strips with Tartar Sauce
Ground Beef & Potato Pie
Penne Pasta with Asparagus & Fontina 🍷
Dinner: Chicken & Dumplings 🍷🌿
Pasta Alfredo (Reduced Fat) 🍷🍷
Pasta with Italian Sausage Casserette

Saturday

Brunch: Buffalo Meltdown
Blueberry Pancakes 🍷🍷
Pasta with Olives & Tomatoes 🌿🍷
Dinner: Beef & Bean Burritos 🍷
Chicken Veggie Stir-Fry
Vegetarian Black Bean Chili 🍷🍷

Sunday - Closed

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