



GCTS Resident Dining

Week of Monday January 28

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 Broglino
x4069



Monday

- Dinner: Lemon Dill Haddock 🍋🌿
 Tuscan Style Roast Turkey 🍗🌿
 Santa Fe Chili 🌶️🍅
- Lunch: Chicken Breast with Pecan Dijon Sauce 🌿
 BBQ Pulled Pork Sandwich 🍷
 Curried Rice & Lentils 🌶️🍅🌿

Tuesday

- Dinner: Fried Clam Strips with Tartar Sauce
 Braised Beef Brisket 🍷🌿
 Baked Stuffed Zucchini 🍅🌿
- Lunch: Pork Tenderloin with Raspberry Sauce
 Chicken Patty Sandwich
 Pasta Primavera 🍅🍅

Wednesday

- Dinner: Fried Popcorn Shrimp 🌿
 Molasses-Pepper Glazed Ham 🌿
 Fettuccine with Pepper & Pesto 🍅
- Lunch: Lasagna Marinara with Cottage Cheese 🍅🍅🌿
 Lasagna Bolognese with Ricotta
 Venetian Talipai 🌿

Thursday

- Dinner: Salisbury Steak with Mushroom Sauce 🌿
 Pork Veggie Stir-Fry
 Seven Vegetable Stew 🌶️🍅
- Lunch: Fish Nuggets
 Chicken Fajita 🍅
 Pasta with Olives & Tomatoes 🌶️🍅

Friday

- Dinner: Chicken Cacciatore 🌿
 BBQ Beef Sandwich 🍷
 Macaroni & Cheese
- Lunch: Brazilian Beef Stew 🌿
 Turkey Snow Pea Stir-Fry 🍅
 Vegetarian Moussaka 🍅

Saturday

- Dinner: Cheese Ravioli 🍅🍅
 Chicken Patty Sandwich
 Italian Beef Top Round 🍅🌿
- Brunch: Blueberry Belgian Waffles 🍅🍅
 General Tso's Chicken
 Sausage Links 🌿

Sunday - Closed

Closed: Cafeteria Closed Today

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