Week 4

Capitol Market

Week of January 9, 2012

	Monday January 9	Tuesday January 10	Wednesday January 11 Citrus Festival	Thursday January 12	Friday January 13
Soup 8oz $2.00 12oz $2.65 16oz $3.25	Turkey Noodle	Split Pea & Ham	Chicken Tortilla	Chili con Carne 8oz. $2.55 12oz. $3.10 16oz. $3.60	Minestrone *
Soup 8oz $2.00 12oz $2.65 16oz $3.25	House Bean	Cheddar Broccoli*	Maryland Clam Chowder	Chicken Noodle	House Bean
Main Course $5.25 - $6.95	Roast Herb Chicken	Noodle Bowl	House Fried Chicken	Chipotle Chicken	Roast Turkey Breast, Au-jus
Main Course $5.25-6.95	Braised Beef Brisket	Teriyaki Salmon	Barbeque Pork Loin	Beef Fajitas	Corn Meal Breaded Pacific Cod
Side Dish	Steamed Broccoli Florets*	Sesame Green Beans*	Macaroni & Cheese*	Black Bean- Tomato Stew	Parsley Potatoes*
Side Dish	Cauliflower Gratin*	Eggrolls*	Corn on the Cob*	Spanish Rice	Green Beans & Onions*
Side Dish	Red Bliss Potatoes & Onions*	Steamed Rice*	Braised Collard Greens Pork &Beans	Steamed Broccoli	Succotash
Salad Bar Antipasti $0.48 per oz	Cucumbers, Tomato & Feta Cheese* Lentil, Spinach	Roast Butternut Squash, Celery, Onions, Curry-Red Pepper Dressing* Balsamic Braised Red Cabbage, ,Apples, Toasted Almonds*	Roasted Asparagus, Shiitake Mushrooms, Bell Peppers* Orange- Cranberries,Walnuts Mezuna Greens*	Wheat Berries, Dried Apricot, Toasted Pumpkin Seeds* Curried Raisin Sweet Potato Salad*	Artichokes, Black Olives, Red Peppers, Oregano* Gimeli Pasta,Grilled Zucchini, Tomatoes, Blue Cheese *
"Fit" Specialty Salads	Lemon Poached Chicken, Asparagus, Watercress	Mango, Scallops, Jicama Salad	Tuna Nicoise Salad, Haricot Verts, Fingerling Potatoes, Red Onions, Bibb Lettuce	Peppered Beef, Arugula, Asparagus, Red Onion, Parsley	Waldorf Salad
"Fit" Specialty Sandwich	Roast Turkey, Alpine Lace, Rhubarb Chutney, Whole Wheat Roll	Poached Wild Salmon, Cucumber, Tomato, Dill Yogurt, Black Bread	Vegetarian "PLT"* (Portobella, Lettuce, Tomato)	Grilled Chicken, Roast Pear, Cranberry Mustard, Semolina	Pain Bagnat, Tuna, Red Onion, Capers, Haricots Verts, Whole Wheat

All prices are noted on the left unless noted in the individual box. Prices are subject to change with availability of product.
*Denotes Meatless Dish