

Flik Café @ JTSA



MONTHLY
SLOW CUISINE
Sprouts



Foods that have
Health Benefits
above and beyond
normal Nutrients!



Menu items that
contain no meat,
fish or poultry

FOOD FOCUS

Casseroles

MONDAY

Soup Bar

Entrée

Veggies

Starches

Grill Special

Deli Special

Pizza

TUESDAY

Soup Bar

Entrée

Veggies

Starches

Grill Special

Deli Special

Pizza Bar

WEDNESDAY

Soup Bar

Entrée

Veggies

Starches

Grill Special

Deli Special

THURSDAY

Soup Bar

Entrée

Veggies

Starches

Grill Special

Deli Special

Pizza Bar



Pumpkin Puree, Mushroom Barley



EGGPLANT PARMESAN



Parmesan Baked Butternut Squash



Sauteed Broccoli Rabe



Aztec Rice Blend



Warm German Potato Salad



Falafel with Israeli Salad & Pita



Grilled Eggplant, Red Pepper & Spinach Wrap



Roasted Broccoli



Potato Cheddar, Garden Vegetable

BEER BATTERED FISH & CHIPS



Cheesy Cauliflower



Broccoli Tempura



Steamed Sticky Rice



Spiced Plantains



Vegetarian "Meatball" Hero



Greek Salad Wrap



Whole Wheat Spinach Calzone

MEAT DAY



Matzo Ball, Lentil

**HAND CARVED ROAST BEEF with FRESH
HORSERADISH SAUCE**



Rosemary Ratatouille



Corn Mexicali

Franks & Beans



Steamed Brown Rice with Beluga Lentils & Peas

Chicken Tacos

Mango Chicken Salad Wrap



Yankee Bean, Cream of Broccoli



GOAT CHEESE & SUNDRIED TOMATO QUICHE



Roasted Zucchini & Corn



Roasted Carrots



White Bean Succotash



Sweet Potato Steak Fries



Teriyaki Salmon Burger with Wasabi Mayo



Teriyaki Tofu & Asian Salad Wrap



Grilled Vegetables