

# MAY

Celebrate National Salad Month!



Pak Choi



Mizuna



Kale



Arugula



Spinach



Radicchio



Curly Endive



Chinese Cabbage



Frisee



Rucola



Mache



Witloof



Romaine



Watercress



Oak Lettuce



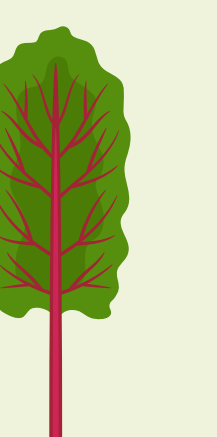
Sorrel



Collards



Dandelion



Mangold



Lettuce

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

Salad comes from the Latin word “herba salta” or “salted herbs,” so called because such greens were usually seasoned with dressings containing lots of salt.

Lettuce is a member of the sunflower family.

The lettuce we see today actually started out as a weed around the Mediterranean basin.

Christopher Columbus introduced lettuce to the Americas.

*This institution is an equal opportunity provider. Menu subject to change.*



Salad Bar and Fresh Fruit always available for lunch/brunch/dinner.

6

Vegetable Soup  
Beef & Rice Soup  
Deviled Egg Salad  
Arugula, Roasted Tomato & Parmesan Salad

BBQ Country Style Ribs  
Roasted Turkey Breast  
BBQ Spiced Tofu w/Corn Salsa

Macaroni & Cheese  
Roasted Garlic Green Beans  
Crunchy Cornbread  
Cherry Cobbler  
Vanilla Ice Cream

7

Marsala Mushroom Soup  
Soup du Jour  
Cool as a Cucumber Salad  
Chopped Greek Green Salad

Southwestern Turkey Burger  
Rotisserie Style Roasted Chicken  
Southwest Veggie Burger

Curly Fries  
Peas & Pearl Onions  
Frizzled Onions  
Chocolate Raspberry Bar

8

Potato Cheddar Soup  
Soup du Jour  
Brussels Sprouts Salad w/Cranberries  
Mixed Lettuce Salad & Herb Vinaigrette

Thai Beef & Peppers  
Cilantro Chicken w/Spicy Thai Noodles  
Vegan Thai Curried Noodles w/Broccoli & Tofu

Steamed Basmati Rice  
Crispy Thai Brussels Sprouts  
Warm Naan Bread  
Snickerdoodle

9

Steak & Potato Soup  
Curried Chicken Salad  
Classic Caesar Salad

Fish & Chips  
Apple Cider Chicken  
Battered Fishless Fish

Steak Fries  
Southern Style Collard Greens  
Hushpuppies  
Coleslaw  
Chocolate Mousse

10

No Dining Service

13

Chicken Parmesan Soup  
Great Green Salad

Cheeseburger Pie  
Chicken Pot Pie  
Roasted Vegetable Pot Pie

Chive Mashed Potatoes  
Honey Ginger Carrots  
Farmer's Market Vegetable  
Warm Chunky Applesauce  
Frozen Yogurt

14

Cream of Broccoli Soup  
Cheesy Lasagna Soup  
Kale, Feta & Apple Salad w/Pumpkin Seeds

General Tso's Chicken  
Egg Roll Bowl  
General Tso's Tofu

Steamed Basmati Rice  
Stir Fried Vegetables  
Warm Naan Bread  
Frozen Yogurt

15

Coconut Curry Cauliflower Soup  
Andouille Potato Soup  
Cucumber, Mango & Radish Salad  
Greens w/Avocado & Sunflower Seeds

Catfish Po'Boy  
Turkey Chili  
Fishless Po'Boy

Tater Tots  
Chili Garlic Roasted Broccoli  
Crunchy Corn Biscuit  
Fritos  
Key Line Pie  
Whipped Topping

16

Tomato Tortellini Soup  
Beef Noodle Soup  
Ranch Potato Salad  
Crunchy Spinach Salad

Butter Chicken  
Butter Tofu

Jasmine Rice  
Garlic Sauteed Spinach  
Farmer's Market Vegetable  
Warm Pita Bread  
Spicy Breaded Green Beans  
Vanilla Ice Cream

17

No Dining Service

20

Mushroom & Brie Soup  
Soup du Jour  
Fresh Herb Egg Salad  
BLT Wedge Salad

Grilled Pork Chop  
Maple Glazed Turkey Breast  
Grilled Portobello Mushrooms

Garlic & Parmesan Mashed Potatoes  
Fresh Green Beans & Sauteed Peppers  
Warm Parker House Roll  
Cornbread Dressing  
Peach Crumb Bars  
Frozen Yogurt

21

Soup du Jour  
Steak & Potato Soup  
Turkey Salad w/Cranberries  
Colorful Kale Salad

Fried Chicken  
Herb Baked Chicken Pieces  
Spicy Korean Fried Cauliflower "Wings"

Macaroni & Cheese  
Farmer's Market Vegetable  
Buttermilk Biscuit  
Frozen Yogurt

22

Soup du Jour  
Curried Chicken Soup  
Brown Rice & Cranberry Salad  
Mixed Lettuce Salad & Herb Vinaigrette

Slow Cooked BBQ Brisket  
Roasted Cod w/Tomato Ginger Sauce  
Mustard Crusted Tofu w/Kale & Sweet Potatoes

Twice Baked Potato  
Creamed Spinach  
Ciabatta Roll  
Onion Rings  
Ice Cream Sundae Bar

23

Soup du Jour  
Chili Cheese Chowder  
Cobb Salad

Fisherman's Platter  
Sweet & Sticky Chicken Leg  
Battered Fishless Fillet

French Fries  
Sauteed Spaghetti Squash  
Buttermilk Biscuit  
Coleslaw  
Cheesecake  
Strawberry Topping  
Frozen Yogurt

24

No Dining Service

27



28

Roasted Red Pepper Soup  
Sausage & Cabbage Soup  
Egg & Bacon Salad  
Romaine Salad w/Dried Cranberries & Feta

Chipotle Meatballs  
Hummus Bar  
Vegan Sweet & Sour Meatballs

Chili Cheese Tots  
Grilled Vegetables  
House Cooked Tortilla Chips  
Raspberry White Chocolate Bread Pudding

29

Soup du Jour  
Tarragon Chicken Salad  
Winter Vintner's Salad

Chicken Fingers  
Turkey Bacon & Spinach Quiche  
Chik'n Fingers

Hash Browns  
Roasted Acorn Squash  
House Baked Blueberry Muffin  
Cinnamon Apples  
Frozen Yogurt

30

Cream of Broccoli Soup  
Crunchy Spinach Salad

Bacon Cheeseburger  
Grilled Cheddar Turkey Burger  
Grilled Veggie Burger

Steak Fries  
Tomatoes Baked with Cheese  
Farmer's Market Vegetable  
Zebra Brownie

31

No Dining Service

SEED School of Washington DC Dinner Menu