

# Jamestown Community College Jayhawk Café

# Sample Menu Week 1

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch Entrée Feature</b>	<b>Chicken Souvlaki</b> with Greek Potatoes	<b>Beef Stir-Fry</b> with Fresh Asian Vegetables & White Rice	<b>Mac-N-Cheese</b> Homestyle OR Buffalo Chicken	<b>Chicken Caesar Bar</b> Romaine Lettuce Grilled Chicken Parmesan Cheese Croutons	<b>Lemon Baked Whitefish</b> Rice Pilaf Fresh Sautéed Green Beans
<b>Artisan Deli and Panini</b>	<b>Caprese Panini</b> with fresh Mozzarella and Kale Pesto	<b>Turkey Ciabatta</b> Pesto Mayo & Banana Peppers	<b>Baba Ganoush Vegetable Pita Sandwich</b> Grilled Seasonal Vegetables, Tofu & Baba Ganoush in Wheat Pita	<b>Macaroni-n-Cheese Panini</b>	<b>Curried Chicken Salad Pita</b> with dried Cranberries & Mesclun
<b>Jayhawk Grill</b> <u>Available Daily:</u> Hamburgers/ Cheeseburgers Grilled Chicken Breast Sandwich	<b>Earth &amp; Turf Mexican Burger</b> Lean Beef & Seasoned Bean Patty	<b>Grilled Portobello</b> with mixed Bell Peppers & Crumble Blue	<b>Chicken Florentine</b> Spinach, Mushrooms & Provolone on Ciabatta	<b>Tuna Melt</b> on Marble Rye with Swiss Cheese	<b>Canadian Club</b> Turkey Breast, Canadian Bacon with Gruyere
<b>Pizza/Pasta</b> <u>Available Daily:</u> Cheese & Pepperoni Pizza	<b>Buffalo Chicken Pizza</b>	<b>Gnocchi with Chard &amp; White Beans</b>	<b>White Pizza</b>	<b>Chicken Scampi over Linguine</b>	<b>Fajita Pizza</b>
<b>Poutine Weekly Special</b> Classic Poutine available daily	<b>Cheeseburger</b> Gravy, Ground Beef, Cheddar Cheese, Onions, Dill Pickles, Ketchup, Mustard. Over Seasoned Fries				
<b>Dinner Feature</b>	<b>Meatloaf</b> Roasted Baby Red Potatoes Peas & Carrots	<b>Roasted Turkey</b> Zucchini au Gratin Homestyle Stuffing	<b>Parmesan Baked Chicken</b> Vegetable Pilaf Watermelon Kale Salad	<b>South of the Border Nite</b> Chicken Fajita Beef Fajita Rice Roasted Corn Choice of Salsa and Other Toppings	<b>Chicken Marsala</b> Roasted Potatoes Broccoli-Cauliflower Blend

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# Sample Menu Week 2

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch Entrée Feature</b>	<b>Australian Chicken</b> Honey Mustard, Cheddar, Bacon, and Scallions with Wild Rice	<b>Taco Day</b> Beef, Refried Beans or Cilantro-Lime Chicken with Spanish Rice	<b>Bruschetta Stuffed Chicken or Portobello</b> with Pesto Sauce served with Fresh Baguette Slices	<b>Beef on Weck or Spinach &amp; Roasted Red Pepper stuffed Portobello</b> with Parmesan Fingerling Potatoes	<b>Chipotle-Chicken or Black Bean Quesadilla</b> with Cheddar & Pepperjack- side of Pico de Gallo Mexican Potatoes
<b>Artisan Deli and Panini</b>	<b>Sante Fe Panini</b> Turkey, Avocado, Pepperjack Cheese on Sourdough	<b>Roasted Vegetable Sandwich</b> Chipotle mayo on herbed focaccia	<b>Cuban Panini</b> Pulled Pork, Honey Smoked Ham, Pickle Slices, Swiss Cheese and Mustard on Sourdough	<b>Smoked Turkey</b> Apple Slices, Cran-Mayo, with Mesclun on toasted Whole Grain Bread	<b>Steak Chimichuri</b> Caramelized Onions, Chimichurri Sauce, Arugula, Baguette
<b>Jayhawk Grill</b> <u>Available Daily:</u> Hamburgers/ Cheeseburgers Grilled Chicken Breast Sandwich	<b>Portobello &amp; Black Bean Quesadilla</b>	<b>Chicken Philly Sandwich</b>	<b>Hawk-Melt</b> Blackened Turkey, Heirloom Tomato & Provolone Cheese	<b>Blackened Chicken Ciabatta</b> with Pineapple Salsa	<b>Black &amp; Bleu Burger</b>
<b>Pizza/Pasta</b> <u>Available Daily:</u> Cheese & Pepperoni Pizza	<b>Taco Pizza</b>	<b>Pasta Pomodoro</b>	<b>Garden Vegetable Pizza</b>	<b>Manicotti</b>	<b>BBQ Chicken Pizza</b>
<b>Poutine Weekly Special</b> Classic Poutine available daily	<b>Buffalo Chicken</b> Chicken, Buffalo Wing Sauce, Crumbly Bleu. Over Potato Wedges				
<b>Dinner Feature</b>	<b>Quinoa &amp; Mushroom Stuffed Tomatoes</b>	<b>Chicken Cordon Blue</b> Au Gratin Potatoes Caraway Roasted Asparagus	<b>Pastitsio</b> Ground Beef, Elbows, and Cheese Sauce	<b>Almond-Crusted Cod Filet</b> Sautéed Zucchini	<b>Stuffed Shells</b> Steamed Broccoli

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**Week 3**

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch Entrée Feature</b>	<b>Chicken Kabobs</b> Parsley Boiled Potatoes Watermelon Feta Salad	<b>Enchiladas</b> Beef or Cheese Red Beans & Rice	<b>Polish Sausage</b> Pierogis Sauerkraut	<b>Herb Roasted Chicken Or Stuffed Portobello Caps</b> Wild Rice	<b>Lemon Pepper Tilapia</b> Baked Potato Steamed Vegetables
<b>Artisan Deli and Panini</b>	<b>Greek Pita with fresh made Hummus &amp; Alfalfa Sprouts</b>	<b>PB&amp;J Panini</b>	<b>Tofu Veggie on Herbed Focaccia</b>	<b>Sriracha Chicken Sandwich</b> with Cilantro-Lime Coleslaw on Toasted Ciabatta	<b>Roasted Vegetable Wrap</b> with Chipotle Hummus on Spinach Wrap
<b>Jayhawk Grill</b> <u>Available Daily:</u> Hamburgers/ Cheeseburgers Grilled Chicken Breast Sandwich	<b>Italian Stallion Burger</b> with Mozzarella & Fried Egg	<b>Southwest Pinto Bean Burger</b>	<b>Corned Beef Reuben on Marble Rye</b>	<b>Portobello Philly</b>	<b>Swiss Burger</b> with Sautéed Mushrooms on Brioche
<b>Pizza/Pasta</b> <u>Available Daily:</u> Cheese & Pepperoni Pizza	<b>Pizza Margherita</b>	<b>Pasta Bolognese</b>	<b>Meat Lovers Pizza</b>	<b>Pasta Primavera</b>	<b>Hawaiian Pizza</b>
<b>Poutine</b> <b>Weekly Special</b> Classic Poutine available daily	<b>Loaded Baked Potato</b> Gravy, Cheddar Bacon, Green Onions and Sour Cream. Over Tater Tots				
<b>Dinner Feature</b>	<b>Asian Beef &amp; Broccoli</b> Jasmine Rice	<b>Turkey Roulades</b> with Sage Gravy Red Skin Smashed	<b>Chicken Cacciatore</b> over Gondola Noodle	<b>Blackened White Fish</b> Pineapple Salsa	<b>Grilled Sirloin</b> Roasted Sweet Potatoes Petit Corn Cob

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# Sample Menu Week 4

WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch Entrée Feature</b>	<b>Lemon grass Chicken Curried Chickpea Salad</b>	<b>Charbroiled BBQ Ribs</b> Cajun Corn Sweet Potato Fries	<b>Pasta Fagiole with Carrots, Cannellini Beans &amp; Italian Sausage</b>	<b>Beef &amp; Rice Stuffed Peppers or Tofu &amp; Rice Stuffed Peppers</b>	<b>Chiavetta's Roasted Chicken</b> Pasta Salad
<b>Artisan Deli and Panini</b>	<b>Spinach &amp; Artichoke Panini</b> Three Cheese Blend, Sliced Tomato on Multigrain Bread	<b>Pastrami &amp; Arugula</b> Pepperjack and Horseradish Aioli on Herbed Focaccia	<b>Spicy Chicken &amp; Pablano Pepper Panini</b> Smoked Cheddar and Peppadew peppers on Sourdough	<b>Blackened Chicken Wrap</b> Black Bean Spread, Red Bell Peppers, Cheddar Cheese and Lettuce on Sundried Tomato Wrap	<b>California Club</b> Turkey, Avocado, Bacon, Garlic Aioli, Tomato, Boston Bib Lettuce on Wheat Flatbread
<b>Jayhawk Grill</b> <u>Available Daily:</u> Hamburgers/ Cheeseburgers Grilled Chicken Breast Sandwich	<b>Bacon Patty Melt</b>	<b>Ancho-Chile Chicken Quesadilla</b>	<b>Turkey Rachel on Rye</b>	<b>Grilled Portobello &amp; Caramelized Onion with Gruyere Cheese</b>	<b>Grilled Buffalo Chicken</b>
<b>Pizza/Pasta</b> <u>Available Daily:</u> Cheese & Pepperoni Pizza	<b>Veggie Lover Pizza</b>	<b>Cheese Ravioli with Marinara Sauce</b>	<b>Sicilian Pizza</b>	<b>Zucchini Lasagna</b>	<b>Weck'd Up Pizza</b> Roast Beef, Caraway, Mozzarella, Horsey Sauce
<b>Poutine Weekly Special</b> Classic Poutine available daily	<b>Thanksgiving Dinner</b> Gravy, Cheese Curds, Roasted Turkey, Cranberry Sauce. Over Sweet Potato Fries				
<b>Dinner Feature</b>	<b>Pork Tenderloin</b> Roasted Root Vegetables Spiced Cauliflower	<b>Sweet-n-Sour Chicken</b> with White Rice	<b>Meatball or Eggplant Parmesan</b> with Pasta Marinara Fresh Steamed Broccoli	<b>Chicken &amp; Dumplings</b>	<b>Spinach &amp; Crab-Stuffed Tilapia</b> Sautéed Snap Peas Mushroom Risotto