

Longbow 520 | Week Of March 30th

BREAKFAST

Rise & Dine Special \$6.00

"The Elvis" Chocolate Chip Pancake with Bananas, Peanut Butter, Two Strips of Bacon & Small Coffee –Thank you Very Much

MON

RUSTICA STATION SPECIAL

Traditional Pasta Station
Meatballs, Chicken Parm and More

\$9.44/lb.

HOT PROTEIN BAR

Roasted Chicken, Fried Tofu, Steamed Rice, and roasted vegetables

\$9.44/lb.

TUE

Taco Tuesday

Carne asada, Mojo Pork, Chicken Tinga, Jalapeno Cilantro rice, Charro Beans, tostada shells, fajita vegetables

\$9.44/lb.

PIZZA BY THE SLICE

Pepperoni, Sausage, Veggie, Cheese, Chefs Special

\$3.99 ea.

HOT PROTEIN BAR

Roasted Chicken, Fried Tofu, Steamed Rice, and roasted vegetables

\$9.44/lb.

WED

FOOD LAB

Turkey Meatloaf, Roasted red potatoes, honey glazed carrots, roasted sweet potatoes, dinner roll

\$9.44/lb.

HOT PROTEIN BAR

Roasted Chicken, Fried Tofu, Sauté Shrimp Steamed Rice, and roasted vegetables

\$9.44/lb.

THU

FOOD LAB

MVPita –Mediterranean style dishes, choose from: chicken shawarma, gyro or combo plate.

\$9.99/lb.

PIZZA BY THE SLICE

Pepperoni, Sausage, Veggie

\$3.99

HOT PROTEIN BAR

Herb Roasted Chicken, Steamed Rice, and roasted vegetables

\$9.44/lb.

FRI

GRILL SPECIAL: Made to order Crispy Cod Sandwich served with side of Coleslaw and Fries

\$9.99 ea.

FOOD LAB:

Moroccan Salmon Bowl –Grilled Salmon choice of Israeli cous cous or mashed potatoes.

\$9.99/lb.

SOUP

MON French Onion Soup 

TUE House Made Pozole 

WED French Onion Soup 

THU House Made Pozole 

 Weekly wellness soup:
Spicy Carrot Soup.

DESSERT

Le Cheff Premium Cakes:

Dessert Cups & Bars

Chocolates Cake

Spice Cake

WEEKLY SPECIALS

GRILL: Crispie Cod Sandwich, Side of Coleslaw & With Fries

DELI: Pistachio Pesto Mortadella
Blues Brothers Melt

MONDAY - FRIDAY

Breakfast 06:00 a.m. – 8:30 a.m.

Lunch 10:30 a.m. - 12:30 p.m.

Dinner 4:00 p.m. – 8:00 p.m.

Andrea Nieto

Executive Chef/Manager

Nieto-Andrea@aramark.com

Renata Hodl

Food Service Director

hodl-renata@aramark.com



STRENGTH.

Lean protein to support strength building and muscle maintenance.



ENERGY.

Complex carbs to support sustained energy.



WELLBEING.

Nutritious, delicious options to help keep you fueled & focused (less than 500 calories)



We're listening
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