



THUNDER CATERS

WEEKLY MENU

*(V) = VEGAN

TUESDAY 2/1

BIBB SALAD

POMEGRANATES, RED ONION, GARBANZOS, LEMON OREGANO

FATTOUSH SALAD

PEPPERS, ONIONS, RADISHES, FETA, SUMAC

CHICKEN SKEWERS

GYROS

HOUSE MADE FALAFEL

SAFFRON RICE

EGGPLANT WITH PARSLEY AND MINT

NAAN

WEDNESDAY 2/2

CHOPPED KALE SALAD

BEET, ORANGE, AND JICAMA CAPRESE

ITALIAN SUB

WHITE BEANS WITH ITALIAN SALSA VERDE

HOUSE MADE CHIPS

ROASTED BABY SQUASH



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THURSDAY 2/3

LENTIL AND TOMATO SALAD
CUCUMBER & YOGURT RAITA SALAD
BEEF CURRY
TOMATO, ONION, POTATO, FENUGREEK
BUTTER CHICKEN
CHANA MASALA
COCONUT RICE
SWEET & SPICY HEIRLOOM CARROTS

FRIDAY 2/4

TOMATO PANZANELLA SALAD
ROASTED ROOT VEGETABLE SALAD
ROAST BEEF AND MUSHROOMS
STUFFED CHICKEN
FIG, PROSCIUTTO, CHEESE
VEGAN CROQUETTES
CONFIT TOMATO SAUCE
PAPPARDELLE NOODLES
CHARRED BROCCOLINI WITH LEMON ZEST



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SATURDAY 2/5

CHEF SALAD

ORZO SALAD

CRANBERRIES, SUNFLOWER SEEDS, LEMON VINAIGRETTE

CHICKEN POT PIE

PORK LOIN DIJON

APPLES, ONIONS, DIJON

BREADED TOFU CUTLET

ROASTED POTATOES

HARICOT VERTS

SEA SALT, HERB BUTTER

SUNDAY 2/6

BRUTUS SALAD

ROMAINE, DIJON, PECANS, APPLES, CHEDDAR

ROASTED PUMPKIN QUINOA SALAD

WHOLE ROASTED CHICKEN

LEMON, ROSEMARY, AND THYME

PAN SEARED HALIBUT

CAPERS, GRAPES

CRISPY SALT AND PEPPER TOFU

LYONNAISE POTATOES

STEWED VEGETABLES

TOMATOES, ONIONS, PEPPERS, OLIVES



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MONDAY 2/7

FIESTA SALAD

WHITE BEAN SALAD

BEEF ENCHILADAS

GUAVA CHIPOTLE SHRIMP

IMPOSSIBLE BEEF ALBONDIGAS

TOMATOES, AVOCADO, RED ONION

MEXICAN RICE

BUTTERNUT SQUASH

HONEY, MEXICAN OREGANO, COTIJA, LIME

TUESDAY 2/8

ARUGULA AND PLUM SALAD

CRISPY BALSAMIC GARBANZOS

TOMATOES, RED ONION, HERBS

LAMB AND BEEF MEATBALLS

MINT, HOJA SANTA, ROSEMARY

APRICOT MOSTARDA GLAZED SALMON

OR

TOFU CUTLETS

BASMATI RICE

SLOW ROASTED Z'ATAR CARROTS



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WEDNESDAY 2/9

AVOCADO AND ORANGE SALAD
KEWPIE POTATO SALAD
FLANK STEAK WITH CIPOLLINI ONIONS
CITRUS ROASTED CHICKEN
SEITAN WITH SWEET CORN RELISH
PLANTAINS WITH WHITE RICE
QUICK SEARED PEPPERS

THURSDAY 2/10

BEET SALAD
GOAT CHEESE VINAIGRETTE, SHAVED FENNEL
ASPARAGUS SALAD
SKIRT STEAK
ITALIAN SALSA VERDE
CHICKEN CACCIATORE
HUNTER'S VEGAN BEEF GALETTES
HERB NEW POTATOES
MUSHROOMS, SHALLOTS, THYME



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FRIDAY 2/11

SPINACH SALAD

TOASTED WALNUTS, BLUE CHEESE, CRANBERRIES, BALSAMIC

BLACK EYED PEA SALAD

PEPPERS, ONION, CORNBREAD CROUTONS

HOT CHICKEN

MUSTARD, THYME, HONEY

BLACKENED SALMON

NASHVILLE OYSTER MUSHROOMS

DIRTY RICE

SMOTHERED CABBAGE

SATURDAY 2/12

CUBAN CHOPPED SALAD

CUZCO CORN, GARBANZOS, TOMATOES, PEPITAS

POTATO SALAD

CUBANO PRESS SANDWICH

(ROASTED PORK, HAM, SWISS)

VEGAN PICADILLO

VEGAN MEAT, DRIED FRUITS, HERBS

PLANTAIN CHIPS/HERB DIP

BLACK BEANS WITH WHITE RICE



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SUNDAY 2/13

SUNBURST SALAD
PINEAPPLE COLESLAW
COFFEE RUBBED BRISKET
BBQ CHICKEN
MAC N CHEESE
CORN ON THE COB

MONDAY 2/14

FRITO SALAD
SHREDDED JICAMA SALAD
CARNITAS
CHICKEN VERDE
MUSHROOM CHILIQUILES
RICE AND BEANS
SAUTÉED PEPPERS AND ONIONS



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TUESDAY 2/15

PANZANELLA TOMATO SALAD
ANTIPASTI SALAD
ITALIAN SUB SANDWICH
GRILLED VEGGIE SUB SANDWICH
HOUSE MADE CHIPS
HERB DE PROVENCE ROASTED VEGETABLES

WEDNESDAY 2/16

BLUE, BLUE, AND BIBB SALAD
BLUE CHEESE, BLUEBERRIES, BLUEBERRY DIJON VINAIGRETTE
QUINOA SALAD
ANDOUILLE SAUSAGE AND PEPPERS
HERB CRUSTED SALMON
ROASTED POTATOES WITH LEMON AND THYME
GRILLED CAULIFLOWER



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THURSDAY 2/17

CHEF'S SALAD

ISRAELI COUSCOUS SALAD

GRILLED HERB CHICKEN

WITH HERB PESTO

PAN SEARED HALIBUT

BLISTERED TOMATOES AND RED ONION

VEGETABLE POCKETS

SAUTÉED KALE AND WHITE BEANS

SLOW ROASTED CARROTS

FRIDAY 2/18

LITTLE GEM SALAD

BEET AND ORANGE STACK

ROSEMARY MAPLE CHICKEN WINGS

PAN SEARED SALMON

PASTA WITH MUSHROOMS

ROASTED POTATOES

FENNEL, BUTTERNUT AND PARSNIPS



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SATURDAY 2/19

MIXED GREEN SALAD

ASPARAGUS CHAMPAGNE SALAD

PORK TENDERLOIN

CRANBERRIES, SHALLOTS AND CILANTRO

GRILLED EGGPLANT

FIGS, SUNDRIED TOMATOES, GARLIC, OREGANO

RICE PILAF

DIJON, APPLES, AND ONIONS

SUNDAY 2/20

SOUTHWEST WEDGE

CILANTRO SLAW

PINEAPPLE AND PORK PASTOR

SHRIMP CEVICHE

CRISPY POTATO TACOS

WHITE RICE WITH PEAS AND CARROTS

PERUVIAN WHITE BEANS

ROASTED MEXICAN SQUASH



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MONDAY 2/21

MIXED GREEN WITH BLUE CHEESE VINAIGRETTE
WINTER ROASTED VEGETABLE SALAD
HERB ROASTED TURKEY
HALIBUT STEAKS
IMPOSSIBLE MEDALLIONS
ROSEMARY SWEET POTATO MASH
GREEN BEANS WITH MUSHROOMS AND CRISPY SHALLOTS

TUESDAY 2/22

COBB SALAD
FARRO SALAD WITH DRIED FRUITS
POT ROAST
PARMESAN CRUSTED COD
VEGETABLE MEATBALLS
TOMATO, ROASTED GARLIC, EVOO PINK SAUCE
MASHED POTATOES
ROASTED VEGETABLES



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WEDNESDAY 2/23

STEAKHOUSE WEDGE
QUINOA TABBOULEH SALAD
BEEF KEBABS
HARISSA SHRIMP
OYSTER MUSHROOM KEBABS
SAFFRON RICE
GRILLED VEGETABLES

THURSDAY 2/24

TOMATO, ARTICHOKE AND FETA GREEN SALAD
FRUIT SALAD WITH HALLOUMI CHEESE
CHICKEN TAGINE
EGGPLANT STACK
GARLIC AND BASIL BAKED TROUT
FARRO WITH FRUITS OF THE FOREST
CORIANDER CARROTS



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FRIDAY 2/25

CRANBERRIES AND ORANGE GREEN SALAD
GREEN AND RED APPLE SALAD
WHOLE ROASTED CHICKEN
GRILLED SEABASS
TOFU CUTLETS
STEAMED TUXEDO POTATOES
MAPLE ROASTED BUTTERNUT SQUASH

SATURDAY 2/26

HAWAIIAN MACARONI SALAD
CREAMY SLAW
KAHLUA PORK
CARMELIZED MISO SALMON
CRISPY TOFU
STICKY WHITE RICE WITH TOASTED GINGER AND GARLIC
BRAISED CHINESE BROCCOLI



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SUNDAY 2/27

CAESAR SALAD WITH PARMESAN FRICO

WILD RICE SALAD

BEETS, ARUGULA, FETA

CHICKEN WITH VODKA SAUCE

LEMON BASIL SEABASS

EGGPLANT CAPRESE

PASTA WITH SOFT HERBS

ZUCCHINI WITH GARLIC CONFIT

MONDAY 2/28

ASIAN SLAW WITH PEANUT DRESSING

COLD SESAME NOODLES

BAH MI TACOS

ROASTED PORK

FIVE SPICE CHICKEN

SHITAKE MUSHROOMS

WHITE RICE WITH SWEET SAKI

GOCHUJANG CAULIFLOWER