



THUNDER CATERS

WEEKLY MENU

**(V) = VEGAN, (GF) = GLUTEN FREE, (DF) = DAIRY FREE*

FRIDAY 4/1

ARUGULA, APRICOT & WALNUT SALAD *GF. DF. V.*

(BLUE CHEESE, BALSAMIC DIJON DRESSING)

HONEY ROASTED PORK LOIN W/ CARAMELIZED ONIONS & PICKLED PIQUILLO PEPPERS *GF. DF.*

BUTTERMILK FRIED CHICKEN

CREAM LESS CREAMED CORN W/ SCALLIONS *GF. DF. V.*

VEGAN TOFU BBQ RIBS W/ CHIVES *GF. DF. V.*

SATURDAY 4/2

BROCCOLI SALAD W/ DRY BERRIES & VADOUVAN

VINAIGRETTE *GF. DF. V.*

CHARRED CAESAR SALAD W/ HOUSE CROUTONS *GF. DF. V.*

CHICKEN MARSALA

PAN SEARED TUSCAN SALMON *GF. DF.*

EGGPLANT MARINARA *GF. DF. V.*

ITALIAN HERB FINGERLING POTATOES *GF. DF. V.*

ROASTED ZUCCHINI *GF. DF. V.*



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SUNDAY 4/3

MIXED BERRIES SALAD *GF. DF. V.*
(VANILLA BEAN VINAIGRETTE, CANDIED ALMONDS)
PORCHETTA ROAST PORK *GF. DF.*
MAPLE DIJON CHICKEN *GF. DF.*
IMPOSSIBLE CROQUETTES *GF. DF. V.*
ROASTED BABY YAMS *GF. DF. V.*
BRUSSEL SPROUTS WITH LEMON ZEST *GF. DF. V.*

MONDAY 4/4

MEXICAN GODDESS SALAD *GF. DF. V.*
BLACK BEAN RELISH *GF. DF. V.*
CHILE ANCHO SKIRT STEAK *GF. DF.*
CILANTRO CHICKEN *GF. DF.*
SOUTHWEST CORN SUCCOTASH *GF. DF. V.*
RED RICE *GF. DF.*



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TUESDAY 4/5

PICKLED CUCUMBERS *GF. DF. V.*
ASIAN CHOPPED SALAD *GF. DF. V.*
KALBI SHORT RIBS *DF.*
MISO BUTTER CHICKEN
VEGAN SOBORO DON *GF. DF. V.*
JASMINE RICE *GF. DF. V.*
SNOW PEAS *GF. DF. V.*

WEDNESDAY 4/6

SHAVED BRUSSEL SPROUTS SALAD *GF. DF. V.*
SPRING SWEET AND SOUR SAUSAGE *DF.*
SANTA FE CHICKEN *GF.*
VEGAN SWEET AND SOUR SAUSAGE *GF. DF. V.*
RATATOUILLE *GF. DF. V.*
SWEET POTATO CHIPS *GF. DF. V.*



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THURSDAY 4/7

ITALIAN CHOPPED SALAD *GF. DF. V.*
ASPARAGUS SALAD *GF. DF.*
CHICKEN PARMESAN POMODORO *GF.*
LOCAL PAN SEARED SALMON W/ LEMON BUTTER *GF.*
VEGAN BOLOGNESE *GF.DF.V.*
SPAGHETTI *DF.V.*
CHARRED BROCCOLINI WITH CALABRIAN VINAIGRETTE
GF.DF.V.

FRIDAY 4/8

MEXICEASAR SALAD *GF. DF. V.*
FARRO PICO SALAD *GF. DF. V.*
COCHINITA PIBIL *GF. DF.*
MONK FISH WITH CILANTRO SLAW *GF. DF.*
MUSHROOM TAQUITOS *GF. DF. V.*
PERUVIAN WHITE BEAN CASSEROLE *GF. DF. V.*
CREAMY CORN WITH POBLANO CHILES *GF. V.*



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SATURDAY 4/9

SPRING HARVEST SALAD *GF. DF. V.*
CREAMY FARFALLE BROCCOLI SALAD *V.*
GRILLED WHITE WINE CHICKEN WITH SOFT HERBS *GF. DF.*
SEARED BROWN BUTTER HALIBUT *GF.*
IMPOSSIBLE SAUSAGE PATTIES *GF. DF. V.*
GRATIN DAUPHINOISE *GF.*
ROASTED GARLIC HEIRLOOM CARROTS *GF. DF. V.*

SUNDAY 4/10

CRUNCH SALAD *GF. DF. V.*
LONG NOODLE SALAD *GF. DF. V.*
CHICKEN TERIYAKI *GF. DF.*
CARAMELIZED MISO SALMON
CRISPY SZECHUAN TOFU *GF. DF. V.*
STEAMED WHITE RICE *GF. DF. V.*
GINGER GLAZED BUTTERNUT SQUASH *GF. DF. V.*



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MONDAY 4/11

GARDEN NIÇOISE *GF. DF. V.*
BEER BRAISED TRI TIP *DF.*
PARMESAN PANKO CRUSTED TROUT
VEGAN MUSHROOM ALFREDO *GF. DF. V.*
CREAMY POLENTA *GF.*
ROASTED BROCCOLI W/ GARLIC & LEMON *GF. DF. V.*

TUESDAY 4/12

TEQUILA LIME COLESLAW *GF. DF. V.*
FRITO SALAD *GF. DF. V.*
CHIPOTLE CHICKEN *GF. DF. V.*
VERACRUZ SHRIMP *DF. GF. V.*
CRISPY MUSHROOMS *GF. DF. V.*
MEXICAN RED RICE *GF. DF.*
BLACK BEANS *GF. DF. V.*
ESQUITE STYLE ROASTED CORN *GF. DF. V.*



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WEDNESDAY 4/13

BROCCOLI RABE & FENNEL SALAD *GF. DF. V.*

MACARONI SALAD *DF. V.*

MEMPHIS STYLE RIBS *GF. DF.*

BAKED LEMON-HERB CHICKEN *GF. DF.*

TEX-MEX IMPOSSIBLE MEATBALLS *GF. DF. V.*

APPLE BOURBON BBQ BEANS *GF. DF. V.*

SUCCOTASH *GF. DF. V.*

THURSDAY 4/14

GREEN GODDESS BRUSSEL SPROUTS *GF. V. DF.*

ANCIENT GRAINS AND BERRIES SALAD *GF. DF. V.*

GARLIC HONEY PORK LOIN *GF. DF.*

HERB CRUSTED SALMON *GF. DF.*

SEARED CAULIFLOWER STEAK MEDALLIONS W/ CHIMICHURRI
GF. DF. V.

TUSCAN RUBY RED POTATOES *GF. DF. V.*

SLOW ROASTED HEIRLOOM CARROTS *GF. DF. V.*



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FRIDAY 4/15

APPLE FENNEL SLAW *GF. DF. V.*
MACARONI SALAD *DF. V.*
COFFEE CRUSTED BRISKET *GF. DF.*
CRISPY MAHI MAHI *GF. DF.*
PORTOBELLO MUSHROOM MELT *GF. DF. V.*
GRITS *GF.*
FRESH SPRING VEGETABLES *GF. DF. V.*

SATURDAY 4/16

CHOPPED KALE SALAD *GF. DF. V.*
BROCCOLI AND SNOW PEA SALAD *GF. DF. V.*
CHINESE STICKY PORK *GF. DF.*
KUNG PAO CHICKEN *GF. DF.*
FRIED RICE *GF. DF.*
BRAISED CABBAGE *GF. DF. V.*



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SUNDAY 4/17

**BABY GEM SALAD W/
MEYER LEMON VINAIGRETTE** *GF. DF. V.*
WILD RICE SALAD *DF. V.*
ALL DAY PENNE BOLOGNESE
CHICKEN CACCIATORE *GF. DF.*
FLORENTINE MUSHROOMS *GF. DF. V.*
ROASTED ROMANESCO *GF. DF. V.*

MONDAY 4/18

CUCUMBER TOMATO SALAD *GF. DF. V.*
ROASTED YELLOW PEPPER HUMMUS *GF. DF. V.*
HARISSA-CRUSTED TRI TIP *GF. DF.*
CHICKEN CURRY *GF. DF.*
VEGGIE DELIGHT SHAWARMA *GF. DF. V.*
BASMATI RICE *GF. DF. V.*
CHARRED VADOUVAN CAULIFLOWER *GF. DF. V.*



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TUESDAY 4/19

EDAMAME AND CUCUMBER SALAD *GF. DF. V.*
SEARED SESAME NOODLE SALAD *DF. V.*
CHICKEN KATSU *DF.*
PAN SEARED HALIBUT *GF. DF.*
VEGAN GYUDON *GF. DF. V.*
COCONUT RICE *GF. DF. V.*
STEAMED BOK CHOY *GF. DF. V.*

WEDNESDAY 4/20

CHOPPED ITALIAN SALAD *GF. DF. V.*
SUNDRIED TOMATO BOW PASTA *DF. V.*
SHRIMP SAGANAKI *GF.*
CHICKEN CASSOULET *GF. DF.*
VEGAN MEDALLIONS POMODORO *GF. DF. V.*
ROASTED TRI COLOR POTATOES *GF. DF. V.*
BAKED BROCCOLI & ASIAGO CASSEROLE *GF.*



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THURSDAY 4/21

BLUE CHEESE BIBB SALAD *GF. DF. V.*
MACARONI SALAD *DF. V.*
KAHLUA PORK *GF. DF.*
ORANGE CHICKEN *GF. DF.*
CARAMELIZED MISO TOFU *GF. DF. V.*
CILANTRO RICE *GF. DF. V.*
SNOW PEAS AND SWEET ONIONS *GF. DF. V.*

FRIDAY 4/22

TOMATO, ARTICHOKE AND FETA SALAD *GF. DF. V.*
QUINOA SALAD WITH DRIED FRUITS *GF. DF. .*
PISTACHIO PESTO CHICKEN *GF.*
GRILLED SEABASS *GF. DF.*
MUSHROOMS IN PINK SAUCE *GF. DF. V.*
ITALIAN WHITE BEANS *GF. DF. V.*
ROASTED GREEN BEANS *GF. DF. V.*



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SATURDAY 4/23

GREEK SALAD *GF. DF. V.*

CRISPY CHICKPEA SALAD *GF. DF. V.*

GYROS

VEGAN GYROS *GF. DF. V.*

CRISPY POTATOES *GF. DF. V.*

SAUTEED PEPPERS AND SWEET OREGANO *GF. DF. V.*

SUNDAY 4/24

BRIGHT AND LIGHT PEANUT SLAW *GF. DF. V.*

BUTTER LETTUCE SALAD WITH CRANBERRIES AND ALMONDS
GF. DF. V.

CHICKEN PASTIES *DF.*

BEEF PASTIES *DF.*

VEGAN PASTIES *DF. V.*

PEAS WITH CRISPY SHALLOTS AND MINT *GF. DF. V.*



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MONDAY 4/25

SPINACH PUB SALAD *GF. DF. V.*
ARUGULA PASTA SALAD *DF. V.*
HONEY MUSTARD AND THYME CHICKEN *DF. DF.*
SALMON WITH WILD BERRY SAUCE *GF.*
DIJON PLANT BASED CHICKEN *GF. DF. V.*
JASMIN RICE *GF. DF. V.*
BUTTERNUT SQUASH WITH CRISPY SAGE *GF. DF. V.*

TUESDAY 4/26

BCHEF'S SALAD *GF.*
ASPARAGUS SALAD *GF. DF. V.*
HOLY TRINITY CHICKEN *GF. DF.*
BBQ SALMON *GF. DF.*
PERI PERI PATTIES *GF. DF. V.*
SMASHED SWEET POTATOES *GF. DF. V.*
ROASTED BRUSSEL SPROUTS *GF. DF. V.*



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WEDNESDAY 4/27

SPINACH AND BERRY SALAD *GF. DF. V.*
WILD RICE SALAD *DF. V.*
STOUT BRAISED POT ROAST *DF.*
FALLING OFF THE BONE LEMON CHICKEN *GF. DF. V.*
VEGAN MINI MEATLOAF *GF. DF. V.*
ROASTED MARBLE POTATOES *GF. DF. V.*
HERBED ZUCCHINI AND SUMMER SQUASH *GF. DF. V.*

THURSDAY 4/28

CAESAR SALAD *GF.*
MARINATED ARTICHOKE SALAD *GF. DF. V.*
SKIRT STEAK WITH ITALIAN SALSA VERDE *GF. DF. V.*
CHICKEN PARMESAN
ROASTED MUSHROOMS *GF. DF. V.*
FETTUCCHINI *DF. V.*
GREEN BEANS WITH BALSAMIC CIPOLLINI ONIONS *GF.DF.V.*



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FRIDAY 4/29

PANZANELLA SALAD *GF. DF. V.*
BLACK EYE PEA SALAD *GF. DF. V.*
PORK ROAST WITH DIJON SAUCE *GF. DF.*
CREAMY SHRIMP AND BROCCOLI *GF.*
CAJUN SPICED TOFU *GF. DF. V.*
POLENTA *GF.*
PAN ROASTED APPLES AND SWEET ONIONS *GF. DF. V.*

SATURDAY 4/30

PINEAPPLE COLESLAW *GF. DF. V.*
POTATO SALAD *GF. DF.*
BBQ APRICOT CHICKEN *GF. DF. V.*
MAHI MAHI WITH TROPICAL SALSITA *GF. DF.*
BBQ TOFU BITES *GF. DF. V.*
SAVORY BAKED YAMS *GF. DF. V.*
ZUCCHINI AND ROASTED CORN *GF. DF. V.*

SUNDAY 4/31

COUSCOUS WITH TROPICAL FRUIT *DF. V.*
JERK CHICKEN *GF. DF.*
BLACKENED SALMON *GF. DF.*
VEGAN SAUSAGE LINKS *GF. DF. V.*
RED BEANS AND RICE *GF. DF. V.*
QUICK SAUTÉED PEPPERS *GF. DF. V.*