



THUNDER CATERS

WEEKLY MENU

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

SUNDAY 5/1

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.*

MONDAY 5/2

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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TUESDAY 5/3

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.*

WEDNESDAY 5/4

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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THURSDAY 5/5

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.*

FRIDAY 5/6

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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SATURDAY 5/7

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 W/ CALABRIAN VINAIGRETTE *GF.DF.V.*

SUNDAY 5/8

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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MONDAY 5/9

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.*

TUESDAY 5/10

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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WEDNESDAY 5/11

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.*

THURSDAY 5/12

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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FRIDAY 5/13

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.*

SATURDAY 5/14

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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SUNDAY 5/15

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.*

MONDAY 5/16

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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TUESDAY 5/17

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.

WEDNESDAY 5/18

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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THURSDAY 5/19

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.*

FRIDAY 5/20

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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SATURDAY 5/21

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.*

SUNDAY 5/22

TOMATO, ARTICHOKE AND FETA SALAD *GF.DF.V.*
QUINOA SALAD WITH DRIED FRUITS *GF.DF.V.*
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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MONDAY 5/23

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.*

TUESDAY 5/24

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

BUTTER LETTUCE SALAD WITH CRANBERRIES & 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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WEDNESDAY 5/25

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.*

JASMINE RICE *GF.DF.V.*

BUTTERNUT SQUASH WITH CRISPY SAGE *GF.DF.V.*

THURSDAY 5/26

CHEF'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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FRIDAY 5/27

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.*

SATURDAY 5/28

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.*

FETTUCINI *DF.V.*

GREEN BEANS WITH BALSAMIC CIPOLLINI ONIONS *GF.DF.V.*



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SUNDAY 5/29

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.*

MONDAY 5/30

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.*

TUESDAY 5/31

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.*