

# The Bistro @ Kellogg Conference Hotel

Week of November 16<sup>th</sup>

It's time to order your PIE for Thanksgiving

## Spotlight FLIK

**Monday**

**Grilled Salmon w/ Citrus Basil Sauce**

**Tuesday**

**Boston Cheddar Beer Soup**

**Wednesday**

**Rose's Homemade Chili**

**Thursday**

**Roasted Balsamic Chicken w/ Pear Relish**

**Friday**

**Vegetable Cakes w/ Cajun Remoulade**

## Health Spotlight

**Monday**

**Pear and Apple Waldorf Salad**

**Tuesday**

**Vegetable Lentil Salad **FIT****

**Wednesday**

**Wheat Berry Tomato, and Mint Salad **FIT****

**Thursday**

**Roasted Root Vegetable Salad **FIT****

**Friday**

**Ancho Chili Hummus w/ Naan Chips**

**Breakfast Available Daily**

Monday – Friday

7:00 am – 9:30 am

Saturday & Sunday

7:00 am – 10:30 am

**Lunch Monday - Friday**

11:30 am – 2:00 pm

### Monday

Soup Bar – Cream of Grilled Asparagus Soup

Entrée – Grilled Salmon w/ Citrus Basil Sauce **FIT**  
Vegetable Lasagna

Sides – Roasted Herb Yukon Potato  
Sautéed Ginger Chinese Green Beans **FIT**  
Herb Marinated Cauliflower **FIT**

Sandwich – Mini Crab Cakes Sandwiches w/ Tomato Brushetta

Dessert – Raspberry Bar

### Tuesday

Soup Bar- Boston Cheddar Beer Soup

Entrée – Herb Roasted Chicken w/ Apple Chutney **FIT**  
Eye Round w/ Peppered Shitake Mushroom Sauce

Sides – Lemon Thyme Israel Cous Cous  
Sautéed Spinach w/ Roasted Gallic  
Glazed Citrus Carrots

Sandwich –

Dessert – Lemon Bar

### Wednesday

Soup Bar – Rose's Homemade Chili

Entrée – South Western Skirt Steak  
Pesto Encrusted Catfish / Romisco Sauce

Sides – Lemon Basil Basmati Rice  
Roasted Golden and Red Beets **FIT**  
Steamed Asparagus w/ Toasted Shallots **FIT**

Sandwich –

Dessert - Fruit Smoothies

### Thursday

Soup Bar – Cream of Broccoli Cheddar Soup

Entrée – Roasted Balsamic Chicken w/ Pear Relish  
Sweet and Sour Pork Loin

Sides – Roasted Red Bliss Potatoes  
Juliened Zucchini w/ Roasted Tomato **FIT**  
Roasted Vegetable Medley **FIT**

Sandwich –

Dessert – Pear and Apple Bread Pudding

### Friday

Soup Bar – Butternut Squash Soup

Entrée – Vegetable Cakes w/ Cajun Remoulade **FIT**  
Lemon Garlic Tilapia **FIT**

Sides – Creamy Basil Risotto  
Ratatouille  
Roasted Brussels Sprouts w/ Apple Wood Bacon

Sandwich –

Dessert – S'mores Bar

**FIT (moderate in calories, fat, cholesterol and sodium)**

**F o o d b y F L I K**

