

H&H October Weekly Rotating Menu Items For The Allen Institute

Specialty Item

Week 1 (4th-8th)

Sicilian Salad (gluten free)

Grilled Chicken, pepperoni, cracked queen olives, oil packed chilis and parmesan on romaine with balsamic vinaigrette.

Week 2 (11th-15th)

Falafel Sandwich

Crispy fried falafel, mediterranean dill relish, feta, hummus and smoked serrano tahini on baguette.

Week 3 (18th-22nd)

Chipotle Chicken Wrap

Chipotle grilled chicken, black bean hummus, avocado, pickled onion, romaine and queso fresco with cilantro lime vinaigrette in whole wheat tortilla.

Week 4 (25th-29th)

East Coast Sandwich

Genoa Salami, mortadella, provolone, Mama lil peppers, red onion, vine ripe tomatoes and pesto aioli on rustic bianco bread.

Hot Entree

Week 1 (4th-8th)

Gochujang Shrimp (gluten free)

Korean chili paste sauteed shrimp with snow peas, bell pepper and cashews with white rice.

Week 2 (11th-15th)

Red Wine Braised Beef (gluten free)

Braised beef sirloin, honey roast carrots, garlic mashed potatoes with red wine mushroom gravy.

Week 3 (18th-22nd)

Chicken Tinga Flautas (gluten free)

Crispy fried corn tortillas stuffed with spicy tomato roast chicken, monterey jack cheese and house pinto beans served with pico de gallo and citrus ajo slaw.

Week 4 (25th-29th)

Creamy Italian Sausage and Penne

House made spicy italian sausage, creamy sun dried tomato alfredo sauce with roast red peppers and spinach with garlic bread crumbs.

Composed Salad

Week 1 (4th-8th) (gluten free)

Grain Salad: Wild rice, shaved broccoli, onion, julienne radish with creamy vinaigrette

Week 2 (11th-15th) (gluten free)

Potato Salad: Roast sweet potatoes, shaved red onion, chiffonade kale, goat cheese and citrus vinaigrette

Week 3 (18th-22nd)

Pasta Salad: Bowtie pasta, marinated tomato, fresh mozzarella, basil, arugula and garlic crouton with balsamic vinaigrette.

Week 4 (25th-29th) (gluten free)

Bean Salad: Chick pea, tomato, cucumber, frisee, pepperoncini, parmesan and Italian dressing

October Soups

***This month we will be offering 2 new soups for Allen Institute in addition to the Tomato basil and potato bisque**

Pozole Rojo: Spicy tomato and chicken broth with hominy, shaved radish and cabbage topped with cilantro

Potato & Kale: Creamy Veggie broth with potato, kale, celery, garlic and onions.