

At Murray-Aikins, There's Something for Everyone!

Lunch examples:

Egg Salad w/ sprouts on a
whole wheat pita

Cobb salad

Black bean burger

Grilled chicken breast

Steamed vegetables

Spanish rice

Vegetable chili

Shrimp and vegetable stir
fry

White pizza w/ broccoli,
olive oil, and garlic

Grilled cheese and tomato

Chicken and cheese
quesadillas

Turkey w/ avocado,
provolone, tomato, and
sprouts

Baked haddock w/ lemon
herb crust

Dinner Examples:

Roast Turkey

Steamed broccoli

Rotisserie of chickens

Roasted sweet potatoes

Homemade applesauce

Pan seared tilapia

Fresh fruit salad

Roast loin of pork

Baked salmon w/ teriyaki
glaze

Grilled rolled eggplant w/
roasted tomato & garlic sauce

Stuffed tilapia w/ crab &
spinach lemon caper sauce

Chicken parmesan

Black bean orzo w/ cilantro

Pan seared sesame scallops on
a bed of mesculin greens and

mandarin oranges

Sirloin beef kababs