

Week 4 Breakfast and Lunch Menu



| | Monday 28-Jan | Tuesday 29-Jan | Wednesday 30-Jan | Thursday 31-Jan | Friday 1-Feb | Saturday 2-Feb | Sunday 3-Feb |
|-------------------------|--|--|---|---|--|---|--|
| | <p> Scrambled Eggs Cornbeef Hash Bacon</p> <p> French Toast Sticks</p> <p> Potatoes O'Brien Grits</p> <p> Cage Free Eggs Made to Order Omelet Station</p> <p> Belgian Waffle Bar w/ Fruit Topping</p> | <p> Eggs Benedict Turkey Bacon Sausage Patties</p> <p> Buttermilk Pancakes</p> <p> Baked Hash Brown Patty Cream of Wheat</p> <p> Cage Free Eggs Made to Order Omelet Station</p> <p> Belgian Waffle Bar w/ Fruit Topping</p> | <p> Scrambled Eggs/ Cheesy Scrambled Turkey Sausage Patties Sausage Links</p> <p> French Toast Sticks</p> <p> Shredded Hash Browns Oatmeal</p> <p> Cage Free Eggs Made to Order Omelet Station</p> <p> Belgian Waffle Bar w/ Fruit Topping</p> | <p> Scrambled Eggs/ Scrambled Tofu Sausage Gravy with Biscuits Bacon</p> <p> Chocolate Chip Pancakes</p> <p> Tater Tots Cheesy Grits</p> <p> Cage Free Eggs Made to Order Omelet Station</p> <p> Belgian Waffle Bar w/ Fruit Topping</p> | <p> Scrambled Eggs Chicken Sausage Pork Sausage Links</p> <p> Oven Baked Cinnamon Rolls</p> <p> Shredded Hash Browns Honey Oats</p> <p> Cage Free Eggs Made to Order Omelet Station</p> <p> Belgian Waffle Bar w/ Fruit Topping</p> | <p> Scrambled Eggs Crispy Bacon Sausage Patties</p> <p> Frozen Waffles</p> <p> Tater Tots Oatmeal</p> | <p> Scrambled Eggs Turkey Bacon Sausage Links</p> <p> French Toast</p> <p> Potato O'Brien Cream Of Wheat</p> |
| | <p>Teriyaki Chicken Stirfry</p> <p>Tofu, Diced Carrots, Peas, Yellow Onions, Teriyaki Sauce, Brown Rice, Egg Rolls Fortune Cookies</p> | <p>French Dip Sandwiches</p> <p>Roast Beef, Swiss Cheese, Carmelied Onions Sauteed Mushrooms, Au Jous, Hoagie Buns</p> | <p>Buffalo Chicken Wrap</p> <p>Fried Chicken Tenders diced, Buffalo Sauce, BBQ Sauce Ranch, Shred Lettuce, Diced Tomato Sliced Cheddar Cheese 12" Tortilla</p> | <p>Breakfast Burrito</p> <p>Bacon, Sausage, Cheddar Cheese, Roasted Red Potatoes, Scrambled Eggs.</p> | <p>Smoothies</p> <p>Green Detox Smoothie Pineapple Juice Spinach, Avocados Diced Pears, Diced Green Apple Broccoli</p> | | |
| <i>Deli</i> | <p>Italian Melt</p> <p>Hummus and Pita Chips, with assorted Olives</p> | <p>BBQ Turkey Wrap</p> <p>Grilled PB&J</p> | <p>Chicken Ceasar Wrap</p> <p> Mexican Salad Wrap</p> | <p>Tuna Salad Sandwich</p> <p>Eggplant Parm. Sandwich</p> | <p>Chicken Bacon and Avocado Sandwich</p> <p>Nutella and Apple on Rye</p> | | |
| <i>Main Plate</i> | <p>Pastrami Bake with Whole Grian Mustard</p> <p> Lyonnaise Potatoes</p> <p> Green Peas</p> <p> Cauliflower</p> | <p>8 Cut Rotisserie Chicken</p> <p> Roasted Red Potatoes</p> <p> Sautéed Cajun Zucchini</p> <p> Corn on the Cob</p> | <p> Meatball Stroganoff</p> <p> Mediterranean Vegetables</p> <p> Penne Pasta</p> <p> Kale and Beans</p> | <p>Marinated Grilled Chicken</p> <p> Macaroni and Cheese</p> <p> Confetti Corn</p> <p> Creamy Sun-Dried Tomato, Roasted Pepper & Artichokes</p> | <p>Parmesan Crusted Baked Tilapia</p> <p> Garlic Freekeh Pilaf</p> <p> Roasted Tomatoes with Mushrooms</p> <p> Sautéed Swiss Chard</p> | <p>Baked Chicken</p> <p>Mac and Cheese</p> <p>Peas</p> | <p>Spaghetti and Meatballs</p> <p>Breadsticks</p> <p>Roasted Broccoli</p> |
| | <p> Breakfast Pizza Cheese Pizza Pepperoni Pizza</p> <p>Penne</p> <p> Marinara and Alfredo Sauces</p> | <p> Bacon Ranch Sausage Stromboli Cheese Pizza Pepperoni Pizza</p> <p>Linquine</p> <p> Marinara and Alfredo Sauces</p> | <p> Pizza Primavera Cheese Pizza Pepperoni Pizza</p> <p>Cavatappi</p> <p> Blush and Pesto Sauces</p> | <p> Pepperoni and Cheese Calzone Cheese Pizza Garlic Bread Sticks</p> <p>Linquine</p> <p> Blush and Pesto Sauces</p> | <p> Hawian Pizza Cheese Pizza Pepperoni Pizza</p> <p>Cavatappi</p> <p> Marinara and Alfredo Sauces</p> | <p> Sausage, Egg and Cheese Pizza Cheese Pizza Pepperoni Pizza</p> | <p> Margarita Pizza Cheese Pizza Pepperoni Pizza</p> |
| <i>Gluten-free ZONE</i> | <p> Spicy Potato Curry</p> <p> Roasted Vegetable Chilies Rellenos</p> <p> Quinoa and Butternut Squash</p> | <p> Gluten free Penne with Brown Butter Mushroom Sauce</p> <p> Kale and Potato Enchilada Bake</p> <p> Ginger Stir Fry</p> | <p> Soy Glazed Bok Choy</p> <p> Butternut Squash & Pepper Casserole</p> <p> Green Beans</p> | <p> Garbanzo Bean Sliders</p> <p> Fried Green Tomatoes</p> <p> Broccoli</p> | <p> Roasted Tomatoes with Mushrooms</p> <p> Chickpea Pancake with Sun- Dried Tomatoes Sauce</p> <p> Roasted Corn</p> | <p> Chickpea Pancake with Sun- Dried Tomatoes Sauce</p> <p> Roasted Corn</p> | <p> Chickpea Pancake with Sun- Dried Tomatoes Sauce</p> <p> Roasted Corn</p> |
| | <p>Bacon Cheese Burger</p> <p>Pepperoni and Cheese Flatbread Fare</p> <p> Home Made Fresh Cut Fries</p> | <p> Asian Chicken</p> <p>Vegetable Flatbread Fare</p> <p> Sweet Potato Fries</p> | <p>Monte Cristo</p> <p>Hot Dog</p> <p> Homemade Fresh Cut Fries</p> | <p> Grilled Three Cheese Sandwich</p> <p>Pulled BBQ Pork & Cheddar Cheese Wrap</p> <p> House Fried Potato Chips</p> | <p>Grilled Honey Mustard Chicken</p> <p>Artichoke and Red Pepper Flatbread</p> <p> Homemade Fresh Cut Fries</p> | <p> Pancake Station</p> | <p> Omelet Station</p> |
| | <p> Soba Noodle Broccoli Salad</p> <p> Russian Tomato Salad</p> <p> Super Food "Hoagie Dip"</p> | <p> Spicy Beef & Grilled Fruit Salad</p> <p> Quinoa Salad with Dried Fruit & Nuts</p> <p> Spinach Dip with Tortilla Chips</p> | <p> Potato Salad</p> <p> Tri-Bean Salad</p> <p> Super Food "Hoagie Dip"</p> | <p> Shrimp Pasta Salad</p> <p> Apple & Sunflower Seed Salad</p> <p> Super Food "Hoagie Dip"</p> | <p> Turkey Avocado Salad</p> <p> GF Cobb Salad</p> <p> Buffalo Chicken Wing Dip with Tortilla Chips</p> | | |
| | <p> Vegetable Chili</p> <p> Chinese Chicken Soup</p> | <p> Tomato Florentine Soup</p> <p>Crab Corn Chowder</p> | <p> Cream of Mushroom Soup</p> <p> Chicken Tortilla Soup</p> | <p> Cream of Tomato Soup</p> <p> Brown Rice Turkey Soup</p> | <p> Beer Cheese Soup</p> <p>New England Clam Chowder</p> | | |

* Contains or may contain raw or undercooked ingredients. Consuming raw or uncooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.

- Denotes Vegetarian Item
- Denotes Vegan Item
- Denotes Gluten-Free Item