

# Week 5 Breakfast and Lunch Menu



	Monday 4-Feb	Tuesday 5-Feb	Wednesday 6-Feb	Thursday 7-Feb	Friday 8-Feb	Saturday 9-Feb	Sunday 10-Feb
	Scrambled Eggs Cornbeef Hash Chicken Sausage French Toast Sticks Potatoes O'Brien Grits Cage Free Eggs Made to Order Omelet Station Belgian Waffle Bar w/ Fruit Topping	Eggs Benedict Turkey Bacon Sausage Patties Pancakes Baked Hash Brown Patty Honey Cream Of Wheat Cage Free Eggs Made to Order Omelet Station Belgian Waffle Bar w/ Fruit Topping	Scrambled Egg/ Cheesy Eggs Pork Bacon Turkey Sausage Patties French Toast Sticks Shredded Hash Browns Banana Oatmeal Cage Free Eggs Made to Order Omelet Station Belgian Waffle Bar w/ Fruit Topping	Scrambled Egg/ Tofu Scrambled Sausage Gravy with Biscuits Turkey Sausage Links Buttermilk Pancakes Tater Tots Cheesy Grits Cage Free Eggs Made to Order Omelet Station Belgian Waffle Bar w/ Fruit Topping	Scrambled Eggs Chicken Sausage Pork Sausage Links Oven Baked Cinnamon Rolls Home Fries Granola Oats Cage Free Eggs Made to Order Omelet Station Belgian Waffle Bar w/ Fruit Topping	Scrambled Cheesy Eggs Crispy Bacon Turkey Sausage French Toast Sticks Potatoes O'Brien Cream Of Wheat	Scrambled Eggs Turkey Bacon Sausage Links Waffle Tater Tots Cinnamon Oatmeal
	<b>General Tso Stirfry</b> Diced Chicken, Peas, Carrots, Steamed Broccoli, Onion, Water Chestnuts, Rice, Fortune Cookies, Spring Rolls	<b>Gyro's</b> Gyro Meat Lettuce, Tomato Feta Cheese Tatziki Pita	<b>Oriental Salad</b> Grilled Tofu, Nappa, Red Cabbage with Field Greens Toasted Almonds, Sesame Seeds Mandarin Oranges, Crispy Noodles Asian Dressing	<b>Carved Roast Beef</b> Assorted Rolls, Butter, Apple Butter, Beef Gravy	<b>Milkshakes</b> Vanilla Ice Cream Milk Carmel Sauce Pretzels		
<i>Deli</i>	Turkey Avacado Sandwich	Chicken Salad	Meatball Sub	Tuna Salad	Taco Wrap		
	Caprese Sandwich	Vegetarian Taco Wrap	Apple and Cashew Wrap	Spicy Chickpea Sandwich	Hummus and Yellow Squash		
<i>Main Plate</i>	Turkey A la King Egg Noodles Battered Green Beans with Roasted Garlic Buttered Corn	Chicken Marsala Herb Roasted Potatoes Steamed Squash Broccoli Parmesan	Spinach and Red Pepper Stuffed Pork Loin Cheddar Mashed Potatoes Curried Carrots Apple Infused Brussel Sprouts	Marinated Grilled Chicken Tenders Macaroni and Cheese Roasted Cherry Tomatoes Green Beans	Lemon Pepper Baked Tilapia Lemony Smashed Potatoes Collard Greens with Bacon Dill Carrots	Baked Chicken (Lighty Seasoned) Rice Pilaf Corn	Salisbury Steak Mashroom Gravy Mash Potatoes Green Beans
	Taco Pizza Cheese Pizza Pepperoni Pizza Spaghetti Marinara and Alfredo sauces	Mac & Cheese Calzone Cheese Pizza Pepperoni Pizza Spaghetti Marinara and Pesto Sauce	BBQ Chicken Pizza Cheese Pizza Pepperoni Pizza Linquine Marinara and Alfredo Sauces	Sicilian Stromboli Cheese Pizza Pepperoni Pizza Linquine Marinara and Alfredo Sauces	Hawiian Pizza Cheese Pizza Pepperoni Pizza Linquine Marinara and Alfredo Sauces	Grilled Vegetable Pizza Cheese Pizza Pepperoni Pizza	Sausage, Egg and Cheese Pizza Cheese Pizza Pepperoni Pizza
<i>Gluten free ZONE</i>	Blackened Tofu with Remoulade Sauce White Rice Green Beans	Garlic and Artichoke Pasta Sauteed Split Peas Steamed Squash	Quinoa Pizza Bites Herb Mushroom Quinoa Curried Carrots	Tequila-Lime Tofu Wraps with Avocado Cinnamon Sweet Potatoes Green Beans	Hungarian Style Braised Mushrooms Baked Beans Collard Greens		
	Hawaiian Veggie Burger Grilled Hot Ham & Cheese House Fried Potato Chips	Bacon Swiss Chicken Sandwich Turkey Quesadilla Straight Cut Fries	Vegetable and Cheese Quesadilla Black and Blue Burger House Made Fresh Cut Fries	Golden Chicken Tenders Vegetarian Reuben House Fried Potato Chips	Veggie Wraps Popcorn Shrimp House Made Fresh Cut Fries	Omelet Station	Omelet Station
	Taco Pasta Salad Apple, Fruit & Granola Salad Crunchy Cheese Dip w/ Assorted Crackers	Orzo with Spinach and Feta Cheese Lo Mein Soba Noodle Salad Spinach Dip with Tortilla Chips	Bacon Ranch Pasta Salad Tofu Salad Cheesy Dip Assorted Crackers	3 Meat Pasta Salad White Bean Salad Crunchy Cheese Dip w/ Assorted Crackers	Roasted Corn Chicken Salad Mediterranean Bean Salad Buffalo Chicken Wing Dip with Tortilla Chips		
<i>duJour</i>	Vegetable Rice Soup Chicken Corn Chowder	Italian Bean Soup Bacon and Baked Potato Soup	Minestrone Soup Cheddar Chicken Soup	Cream of Tomato Soup Steak and Mushroom Soup	Vegan Black Bean Soup New England Clam Chowder		

\* 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