

Week 1 Breakfast and Lunch Menu



	Monday 7-Jan	Tuesday 8-Jan	Wednesday 9-Jan	Thursday 10-Jan	Friday 11-Jan	Saturday 12-Jan	Sunday 13-Jan
	GF V Scrambled Eggs GF Cornbeef Hash Chicken Sausage V French Toast sTicks GF VA Potatoes O'Brien GF Grits GF V Cage Free Eggs Made to Order Omelet Station Belgian Waffle Bar w/ Fruit Topping	Eggs Benedict Turkey Bacon Sausage Patties V Buttermilk Pancakes GF VA Baked Hash Brown Patty VA Cream of Wheat GF V Cage Free Eggs Made to Order Omelet Station Belgian Waffle Bar w/ Fruit Topping	Scrambled Eggs/ Cheesy Scrambled Turkey Sausage Patties Sausage Links Waffles GF VA Shredded Hash Browns VA Oatmeal GF V Cage Free Eggs Made to Order Omelet Station Belgian Waffle Bar w/ Fruit Topping	Scrambled Eggs/ Scrambled Tofu Sausage Gravy with Biscuits Turkey Sausage Links French Toast GF VA Tater Tots GF V Cheesy Grits GF V Cage Free Eggs Made to Order Omelet Station Belgian Waffle Bar w/ Fruit Topping	GF V Scrambled Eggs GF Chicken Sausage Pork Sausage Links Oven Baked Cinnamon Rolls GF VA Shredded Hash Browns VA Honey Oats GF V Cage Free Eggs Made to Order Omelet Station Belgian Waffle Bar w/ Fruit Topping	GF V Scrambled Eggs GF Crispy Bacon Sausage Patties Waffles GF VA Tater Tots VA Oatmeal GF V Pancake Station	GF V Scrambled Eggs GF Turkey Bacon Sausage Links V French Toast sticks GF VA Potato O'Brien VA Cream Of Wheat GF V Omelet Station
	Crepes Cherry Filling, Strawberry Filling, Whipped Cream, Blueberries, Chocolate Syrup, Maple Syrup	Fried Rice Grilled Chicken Carrots, Peas, Onions, Diced Carrots White Rice, Soy Sauce Fortune Cookies	Mash Potato Bar Red Skin Mash, Whipped Sweet Potatoes Sour Cream, Butter, Chives, Crumbled Bacon, Brown Sugar, Carmelized Onions, Beef Gravy	Asian Noodle Bowl Lo Mein Noodles, Diced Chicken, Sliced Peas, Diced Carrots, Chicken Broth, Vegetable Broth Sliced Green Onions, Sauted Cabbage	Smoothie Friday Strawberry Banana Blueberry Pineapple Milk Apple Juice Yogurt		
Deli	Chicken Salad	Tuna Salad	Italian Wrap	Crispy Buffalo Chicken Wrap	Teriyaki Chicken Sub		
	VA Hummus and Roasted Zucchini	VA Red Pepper and Kale Pesto Wrap	Peanut Butter, Granola, Banana and Jelly Wrap VA	VA Greek Salad Sanwich	VA Apple Nutella Sanwich		
<i>Main Plate</i>	Fried 8 Cut Chicken GF Portobella, Tomato, Basil and Asiago Cheese GF VA Rice Pilaf GF VA Roasted Brussel Sprouts	Sloppy Joes Crispy Asparagus Sticks GF VA Potato Wedges GF V Roasted Root Vegetable	Pork and Pineapple Stir Fry GF VA Brown Rice GF VA Sauteed Green Beans GF VA Ragout	GF Oven Baked Chicken Breast V Macaroni and Cheese GF VA Corn GF VA Roasted Broccoli	GF Creole Cornmeal Catfish GF VA Roasted Garlic Potatoes GF VA Herb Sautéed Zucchini GF VA Mustard Carrots	Chicken Tenders Waffle Fries Peas	Sloppy Joe Ranch Seasoned Roasted Red Potatoes Steamed Broccoli
	V Sausage Stromboli Cheese Pizza Pepperoni Pizza Penne V Marinara and Alfredo	V Margherita Pizza V Cheese Pizza V Pepperoni Pizza Cavatappi V Marinara and Pesto Alfredo	V Bacon and Onion White Pizza V Cheese Pizza V Pepperoni Pizza Spaghetti Noodles V Marinara and Alfredo	V Mushroom & Red Pepper Pizza V Cheese Pizza V Pepperoni Pizza Cavatappi V Marinara and Pesto Sauce	V Meat Lover Calzone V Cheese Pizza V Pepperoni Pizza Shell Pasta V Marinara and Alfredo Sauce	V Cheese Calazone V Cheese Pizza V Pepperoni Pizza	V Banana Pepper Pizza V Cheese Pizza V Pepperoni Pizza
<i>Gluten free ZONE</i>	GF VA Quinoa Casserole GF VA Antipasto White Bean GF VA Steamed Broccoli	GF VA Zucchini Boats GF VA Spiced Sweet Potato GF VA Sweet Peas	VA Bahn Mi GF VA Bean and Leek Casserole GF VA Herb Sautéed Zucchini	VA Black Bean and Sweet Potato Burritos GF VA Oven Browned Red Potatoes GF VA Roasted Broccoli	GF VA Carrot Osso Buco & Creamy Polenta GF VA Cauliflower Buffalo Wings GF VA Sautéed Squash		
	Turkey Burger Chicken Quesadilla GF VA Fresh Fried Potato Chips	Grilled Veggie Burger Buffalo Blue Burger GF VA French Fries	Metz Mac Wrap Italian Flat Bread Melt GF VA House Made Fresh Cut Fries	Philly Cheese Steak Boca Burger with Tomato & Swiss Cheese V Sweet Fries	Grilled Italian Melt Sandwich Hot Dog w/ Chili Cheese Sauce GF VA Fresh Fried Potato Chips		
	V Italian Pasta Salad GF VA Greek Roasted Garbanzo Bean Salad GF Hummus with Pita Chips	V Italian Pasta Salad GF VA Greek Roasted Garbanzo Bean Salad V GF Hummus with Pita Chips	BLT Pasta Salad GF V Texas Slaw GF Roasted Red Pepper Hummus with Grill Pita Chips	BLT Pasta Salad GF V Texas Slaw GF Roasted Red Pepper Hummus with Grill Pita Chips	V Tortellini Salad GF Indian Summer Salad GF Buffalo Chicken Wing Dip with Homemade Tortilla Chips	V GF	V GF
	V Cream of Vegetable Hamburger Macaroni Soup	V Potato Broccoli Soup GF Italian Sausage Soup	V Cheesy Asparagus GF V Stuffed Pepper Soup	V Cream of Tomato GF Turkey Wild Rice Veggie Soup	V Vegetable Soup GF 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