

# Week 2 Breakfast and Lunch Menu



	Monday 14-Jan	Tuesday 15-Jan	Wednesday 16-Jan	Thursday 17-Jan	Friday 18-Jan	Saturday 19-Jan	Sunday 20-Jan
	Scrambled Eggs/ Tofu Scramble 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	Egg Benedict Turkey Bacon Sausage Patties Chocolate Chip Pancakes Baked Hash Brown Patty Honey Cream Of Wheat Cage Free Eggs Made to Order Omelet Station Belgian Waffle Bar w/ Fruit Topping	Scrambled Eggs/ Cheesy Eggs Chicken Sausage Sausage Links Shredded Hash Browns Cinnamon Oatmeal Cage Free Eggs Made to Order Omelet Station Belgian Waffle Bar w/ Fruit Topping	Scrambled Eggs/ Tofu Scramble Sausage Gravy with Biscuits Turkey Sausage Patties Banana Pancakes Tater Tots Cheesy Grits Cage Free Eggs Made to Order Omelet Station Belgian Waffle Bar w/ Fruit Topping	Scrambled Eggs/ Tofu Scramble Chicken Sausage Pork Sausage Links Oven Baked Cinnamon Rolls Topped w/ Maple Syrup Home Fries Apple Oatmeal Cage Free Eggs Made to Order Omelet Station Belgian Waffle Bar w/ Fruit Topping	Scrambled Eggs/ Crispy Bacon Turkey Sausage Links Waffles frozen Tater Tots Grits Belgian Waffle Bar w/ Fruit Topping	Scrambled Eggs Turkey Bacon Sausage Links French Toast sticks Potatoes O'Brien Oatmeal Belgian Waffle Bar w/ Fruit Topping
	Carved Honey Baked Ham Assorted Dinner Rolls Butter, Apple Butter, Gravy Sauted Apples	Shwarma Shwarma Chicken Lettuce, Tomato, Cucumber, Onion Feta Cheese Tatzkiki Sauce Pita Bread	Macaroni and Cheese Bar Cheddar Mac and Cheese Chopped Bacon Chopped Chicken Salsa, Hot Sauce, Jalapenos Chives	Smoothie Thursday Mango Peach Vanilla Soy Milk Orange Juice Vanilla Yogurt	Ice Cream Sundae Bar Vanilla, Chocolate Ice Cream Crushed Pineapple, Strawberry Sauce Chopped Peanuts, Chocolate Chips Whip Cream Hot Fudge		
<i>Deli</i>	Turkey Bacon Avocado Sandwich Caprese Sandwich	Chicken Salad Vegetarian Taco Wrap	Meatball Sub Apple and Chashew Wrap	Tuna Salad Spicy Chickpea Sandwich	Taco Wrap Hummus and Yellow Squash Wrap		
<i>Main Plate</i>	Spanish Seasoned Pork Loin Green Beans Spanish Rice Roasted Cauliflower	Roasted Turkey Mashed Potatoes Roasted Root Vegetable Romanesco	Roasted 8 Cut Chicken Corn on the Cob Roasted Greek Potatoes Stewed Tomatoes	Salisbury Steak Macaroni and Cheese Whipped Sweet Potatoes Green Beans	Pot Roast Basil CousCous Butternut Squash with Spinach Peas	Chicken Tender Waffle Fries Peas	Spaghetti and Meatball Broccoli
	Metz Mac Calzone Cheese Pizza Pepperoni Pizza Spaghetti Marinara and Alfredo Sauce	Broccoli Cheese Flat Bread Pizza Cheese Pizza Pepperoni Pizza Penne Marinara and Alfredo Sauce	Buffalo Chicken Pizza Cheese Pizza Pepperoni Pizza Penne Marinara and Alfredo Sauce	Hawiian Pizza Cheese Pizza Pepperoni Pizza Shells Meat Sauce and Pesto Cream Sauces	White Pizza Cheese Pizza Pepperoni Pizza Shells Meat Sauce and Pesto Cream Sauces	Broccoli and Cheese Calzone Cheese Pizza Pepperoni Pizza	Sun-Dried Tomato, Spinach and Artichoke Pizza Cheese Pizza Pepperoni Pizza
<i>Gluten-free ZONE</i>	Vegan Lasagna Tuscan Garbanzo Beans Green and Yellow Beans	White Bean Shepards Pie Tomato, Okra, & Corn Cakes Herbed Zucchini	Vegan Quinoa Paella White Rice Roasted Cauliflower	Walnut Dusted Artichokes and Two-Potato Gratin Cilantro Corn Mexican Cauliflower Rice	Sweet Potato & Black Bean Enchiladas Tomato Basil Rice Butternut Squash with Spinach		
	Mushroom Swiss Burger Monte Cristo Sandwich House Made Fresh Cut Fries Made Upon Request Pizza Logs, Turkey Burger, Grill Cheese, Hamburger and Cheese Quesadilla	Hot Dogs with Cheese Sauce Grilled Tomato and Hummus Pita Tater Tots Made Upon Request Pizza Logs, Turkey Burger, Grill Cheese, Hamburger and Cheese Quesadilla	Turkey Cheese Burger Gyro Wrap House Made Fresh Cut Fries Made Upon Request Pizza Logs, Turkey Burger, Grill Cheese, Hamburger and Cheese Quesadilla	Grilled Caprese Cheese Sandwich Cheddar Veggie Burger Waffle Fries Made Upon Request Pizza Logs, Turkey Burger, Grill Cheese, Hamburger and Cheese Quesadilla	Grilled Veggie Stack BBQ and Carmelized Onion Cheese Burger House Made Fresh Cut Fries Made Upon Request Pizza Logs, Turkey Burger, Grill Cheese, Hamburger and Cheese Quesadilla	Pancake Station	Omelet Station
	Macaroni Salad Wheat Berry Salad w/ Tomato Basil Vinaigrette Pimento Cheese Dip with Fresh Homemade Tortilla Chips	Pepperoni Ranch Pasta Salad Raw Veggie Salad Spinach Dip with Fresh Homemade Tortilla Chips	Pasta and Ham Salad Black Bean & Cucumber Salad Pimento Cheese Dip with Fresh Homemade Tortilla Chips	Vinaigrette Coleslaw Sweet Pea Salad with Cheese Pimento Cheese Dip with Fresh Homemade Tortilla Chips	Pasta, Ham & Broccoli Salad Parmesan Veggie Salad Buffalo Wing Dip with Fresh Housemade Tortilla Chips		
<i>duJour</i>	Mushroom Leek Soup Italian Wedding Soup	Asian Vegetable Noodle Soup Ham & Bean Soup	Cream Of Broccoli Soup Vegetable Soup	Cream of Tomato Soup Sausage & Shrimp Gumbo	Veggie Cheddar 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