

Week 3 Breakfast and Lunch Menu



	Monday 21-Jan	Tuesday 22-Jan	Wednesday 23-Jan	Thursday 24-Jan	Friday 25-Jan	Saturday 26-Jan	Sunday 27-Jan
	GF V Scrambled Eggs GF Cornbeef Hash Chicken Sausage V French Toast Sticks GF V Potatoes O'Brien GF V Grits GF V Cage Free Eggs Made to Order Omelet Station Belgian Waffle Bar w/ Fruit Topping	V Eggs Benedict GF Turkey Bacon Sausage Patties V Maple French Toast GF V Baked Hash Brown Patty GF V Honey Cream Of Wheat GF V Cage Free Eggs Made to Order Omelet Station Belgian Waffle Bar w/ Fruit Topping	V Scrambled Egg/ Cheesy Eggs Sausage Links Turkey Sausage Patties V Oven Baked Cinnamon Rolls GF V Shredded Hash Browns GF V Banana Oatmeal GF V Cage Free Eggs Made to Order Omelet Station Belgian Waffle Bar w/ Fruit Topping	V Scrambled Egg/ Tofu Scrambled Sausage Gravy with Biscuits Turkey Sausage Links V Buttermilk Pancakes GF V 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 Home Fries GF V Granola Oats GF V Cage Free Eggs Made to Order Omelet Station Belgian Waffle Bar w/ Fruit Topping	GF Scrambled Cheesy Eggs GF Crispy Bacon Turkey Sausage V French Toast GF V Potatoes O'Brien GF V Cream Of Wheat	GF V Scrambled Eggs GF Turkey Bacon Sausage Links V Waffle GF V Tater Tots GF V Cinnamon Oatmeal
	Oriental Noodle Bowl Lo Mein Noodles, Diced Carrots, Peas, Sliced Chicken, Tofu, Chicken Broth, Vegetable Stock	Carved Beef Roast Assorted Rolls, Butter, Apple Butter Beef Gravy	Oriental Salad Grilled Tofu, Nappa, Red Cabbage with Field Greens Toasted Almonds, Sesame Seeds Mandarin Oranges, Crispy Noodles Asian Dressing	Smoothie Thursday Kale and Banana Unsweetened Soy Milk Maple Syrup Flaxseed	Milkshakes Vanilla Ice Cream Milk Carmel Sauce Pretzels		
<i>Deli</i>	Chicken Salad Hummus and Roasted Zucchini Wrap	Italian Wrap Peanut Butter, Granola, Banana, and Jelly on whole grain	Tuna Salad Red Pepper and Kale Pesto Wrap	Crispy Buffalo Chicken Wrap Greek Salad Sandwich	Teriyaki Grilled Chicken Sub Apple Nutella Sandwich		
<i>Main Plate</i>	Beef Stroganoff V Egg Noodles Battered Green Beans with Roasted Garlic GF V Buttered Corn	Sloppy Joes GF V Herb Roasted Potatoes V Steamed Squash GF Broccoli Parmesan	GF Panko Enrusted Baked 8 Cut Chicken GF V Cheddar Mashed Potatoes GF V Curried Carrots GF V Apple Infused Brussel Sprouts	GF Rib Night V Macaroni and Cheese GF V Baked Beans GF V Corn on the Cob	GF Lemon Pepper Baked Haddock GF Lemony Smashed Potatoes GF Collard Greens with Bacon GF V Dill Carrots	Pan Seared Chicken Breast Mac & Cheese Green Beans	Cheese Burgers Potato Wedges Steamed Carrots
	V Taco Pizza V Cheese Pizza V Pepperoni Pizza V Spaghetti V Marinara and Alfredo sauces	V Mac & Cheese Calzone V Cheese Pizza V Pepperoni Pizza V Spaghetti V Marinara and Alfredo sauces	V BBQ Chicken Pizza V Cheese Pizza V Pepperoni Pizza Linquine V Marinara and Alfredo Sauces	V Sicilian Stromboli V Cheese Pizza V Pepperoni Pizza V Linquine V Marinara and Alfredo Sauces	V Hawiian Pizza V Cheese Pizza V Pepperoni Pizza V Linquine V Marinara and Alfredo Sauces	Grilled Vegetable Pizza V Cheese Pizza V Pepperoni Pizza	Sausage, Egg and Cheese Pizza V Cheese Pizza V Pepperoni Pizza
<i>Gluten free ZONE</i>	GF V Blackened Tofu with Remoulade Sauce GF V White Rice GF V Green Beans	GF Garlic and Artichoke Pasta GF V Sauted Split Peas GF V Steamed Squash	GF Quinoa Pizza Bites GF V Herb Mushroom Quinoa GF V Curried Carrots	GF V Tequila-Lime Tofu Wraps with Avocado GF V Cinnamon Sweet Potatoes GF V Green Beans	GF V Hungarian Style Braised Mushrooms GF V Baked Beans GF V Collard Greens		
	Hawaiian Veggie Burger Grilled Hot Ham & Cheese GF V House Fried Potato Chips Made Upon Request Pizza Logs, Turkey Burger, Grill Cheese, Hamburger and Cheese Quesadilla	Bacon Swiss Chicken Sandwich Turkey Quesadilla GF V Straight Cut Fries Made Upon Request Pizza Logs, Turkey Burger, Grill Cheese, Hamburger and Cheese Quesadilla	Vegetable and Cheese Quesadilla Black and Blue Burger GF V House Made Fresh Cut Fries Made Upon Request Pizza Logs, Turkey Burger, Grill Cheese, Hamburger and Cheese Quesadilla	V Golden Chicken Tenders V Vegetarian Reuben GF V House Fried Potato Chips Made Upon Request Pizza Logs, Turkey Burger, Grill Cheese, Hamburger and Cheese Quesadilla	V Veggie Wraps Popcorn Shrimp GF V House Made Fresh Cut Fries Made Upon Request Pizza Logs, Turkey Burger, Grill Cheese, Hamburger and Cheese Quesadilla	Omelet Station	Omelet Station
	Taco Pasta Salad GF V Apple, Fruit & Granola Salad GF V Crunchy Cheese Dip w/ Assorted Crackers	V Orzo with Spinach and Feta Cheese GF V Lo Mein Soba Noodle Salad GF V Spinach Dip with Tortilla Chips	Bacon Ranch Pasta Salad GF V Tofu Salad GF V Cheese Dip w/ Assorted Crackers	3 Meat Pasta Salad GF V White Bean Salad GF V Crunchy Cheese Dip w/ Assorted Crackers	Roasted Corn Chicken Salad GF V Mediterranean Bean Salad GF Buffalo Chicken Wing Dip with Tortilla Chips		
	GF V Vegetable Rice Soup Chicken Corn Chowder	GF V Italian Bean Soup Bacon and Baked Potato Soup	V Minestrone Soup Cheddar Chicken Soup	V Cream of Tomato Soup Steak and Mushroom Soup	GF V 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