

# 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
	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	GF V Eggs Benedict GF Turkey Bacon Sausage Patties V Pancakes GF V Baked Hash Brown Patty GF 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 GF Pork Bacon Turkey Sausage Patties V French Toast Sticks 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 V Oven Baked Cinnamon Rolls GF V Home Fries GF V Granola Oats GF V Cage Free Eggs Made to Order Omelet Station Belgian Waffle Bar w/ Fruit Topping	GF V Scrambled Cheesy Eggs GF Crispy Bacon Turkey Sausage V French Toast Sticks 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
	<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	V Apple and Cashew Wrap	Spicy Chickpea Sandwich	Hummus and Yellow Squash		
<i>Main Plate</i>	Turkey A la King V Egg Noodles Battered Green Beans with Roasted Garlic GF V Buttered Corn	Chicken Marsala GF V Herb Roasted Potatoes GF V Steamed Squash GF Broccoli Parmesan	GF Spinach and Red Pepper Stuffed Pork Loin GF V Cheddar Mashed Potatoes GF V Curried Carrots GF V Apple Infused Brussel Sprouts	GF Marinated Grilled Chicken Tenders V Macaroni and Cheese GF V Roasted Cherry Tomatoes GF V Green Beans	GF Lemon Pepper Baked Tilapia GF Lemony Smashed Potatoes GF Collard Greens with Bacon GF V Dill Carrots	Baked Chicken (Lightly Seasoned) Rice Pilaf Corn	Salisbury Steak Mushroom Gravy Mash Potatoes Green Beans
	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 Pesto Sauce	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 <b>Made Upon Request</b> Pizza Logs, Turkey Burger, Grill Cheese, Hamburger and Cheese Quesadilla	Bacon Swiss Chicken Sandwich Turkey Quesadilla GF V Straight Cut Fries <b>Made Upon Request</b> 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 <b>Made Upon Request</b> Pizza Logs, Turkey Burger, Grill Cheese, Hamburger and Cheese Quesadilla	V Golden Chicken Tenders V Vegetarian Reuben GF V House Fried Potato Chips <b>Made Upon Request</b> Pizza Logs, Turkey Burger, Grill Cheese, Hamburger and Cheese Quesadilla	V Veggie Wraps Popcorn Shrimp GF V House Made Fresh Cut Fries <b>Made Upon Request</b> Pizza Logs, Turkey Burger, Grill Cheese, Hamburger and Cheese Quesadilla	Omelet Station GF V	Omelet Station GF V
	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 V 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