

MENU CYCLE 2

2017

November 13 - 19

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST <small>Egg Whites Available upon Request Daily</small>	Steel Cut Oats V		Steel Cut Oats V	Chicken Congee GF	Fruity Sunrise Porridge V		
	Sauteed Mushrooms GF	Apple Crisp	Sweet Potato Maple Oatmeal Bowl V	Southwest Vegetable Toss V GF	Spinach & Feta Danish		
	Eggs: Scrambled, Fried to order GF	Carrot Cake Pancakes	Maple Roasted Sweet Potatoes V GF	Chorizo Skillet	Grilled Roma Tomatoes V GF		
	Ham & Cheese Omelets	Eggs: Scrambled & Fried to Order GF	Baked Beans V GF	Eggs: Scrambled & Fried to Order GF	Eggs: Scrambled, Fried to order GF		
	Diced Harvest Pride Potatoes	Baby Potato Pancakes	Eggs: Scrambled, Hard Boiled, Fried to order GF	Hash Brown Potatoes	Greek Omelets GF		
	Turkey Peameal Bacon GF	Crispy Bacon GF	Hash Brown Potatoes	Crispy Bacon GF	Hash Brown Potatoes		
	Pork Sausage Patty	*RWA Pork Sausage Links GF	*RWA Pork Sausage Links GF	Turkey Sausage Links GF	Peameal Bacon GF		
	Meatless Breakfast Croissant	Mornin' Breakfast Wrap	Turkey Bacon GF	Breakfast Tacos (Meat & Meatless)	Turkey Bacon GF		
Turkey Peameal Breakfast Croissant	Meatless Mornin' Breakfast Wrap	Monte Cristo Sandwich		Mediterranean Egg White Panini			
		Meatless Monte Cristo Sandwich		Ham & Swiss Breakfast Panini			
LUNCH	Interactive Souvlaki and Falafel	Interactive Sausage	Interactive Caesar Salad GF V	Interactive Grilled Cheese	Smoothie Bar GF	Interactive Waffle	Interactive Omelet GF
	Cod w Black Pepper and Broiled Lemons GF	Crispy Pollock Bites	Eggplant Mozza Melt	Carnita with Red Enchilada Sauce	Hand Battered Haddock	Eggs Scrambled GF	Eggs: Scrambled GF
	Chicken Broccoli Pasta Bake	Roadside Curried Chickpeas V GF	Pasta w Tomato V or Alfredo	Mac n Cheese	Beef Burger	Crispy Bacon GF	RWA Pork Sausage Links GF
	Spinach Feta Twister	Butter Chicken Poutine	Meatballs	Black Bean Simmer V	Grilled Portobello V GF	Chicken Alfredo Pasta Bake	Fluffy Pancakes
	Moroccan Lentil Stew V	Samosa	Sundried Tomato and Basil Sausage GF	Stuffed Jalapenos	Buffalo Chicken Pasta	Beef or Vegetable Taco	Philly Cheese Steak Sandwich
	French Fries	Jasmine Rice V GF	Mediterranean Vegetable Tart	Mexican Rice V	Whole Baked Sweet Potato with Chili	Quinoa and Kale Quiche	Quinoa Stuffed Peppers V
	Carrots w Fresh Dill V GF	Warm Naan Bread	Chicken Parmesan Sub	Roasted Sweet Potato V GF	Chili Fries	Grilled Vegetables w Tofu V GF	Philly Cheese Fries
	Sautéed Zucchini V GF	Fresh Market Vegetables V GF	Potato Wedges	Sonara Vegetable Quinoa V		Steamed White Rice V GF	Broccoli V GF
	White Rice V GF	Fries and Gravy	Zucchini and Corn Sauté V GF	Corn Niblets V GF		French Fries	White Rice V GF
			Cheddar and Chive Garlic Biscuit				
Ginger Beef	Butter Chicken GF	Chicken Parmesan Bowl	BBQ Pulled Turkey Rice Bowl	Tortilla Chili Bowl	Sweet Chili Chicken GF	Dynamite Chicken	
Pasta Bar V GF	International Chicken Sandwich Bar	Fajita Bar V	Stir Fry Bar V GF			Roast Beef Carvery GF	
Vietnamese Lemon Grass Chicken GF	Pesto Crusted Salmon GF	Showtime Sushi V GF	Bourbon Street Striploin Steak GF	Fried Chicken	Garlic Hunan Beef GF	Florentine Meatloaf	
Tilapia with Turmeric and Dill GF	Mediterranean Vegetable Lasagna GF	Creole Pasta Bake	Meat Lasagna	Kung Poa Chicken Legs GF	Butternut Squash Ravioli with Butter, Sage and Goat Cheese	Broiled Salmon w Sundried & Tomato Salsa GF	
Vietnamese Meatballs	Chicken Breast with Oven-Roasted	Cajun Sautéed Shrimp GF	Polenta Crusted Trout GF	Kung Poa Cauliflower V GF	Comforting Cracker Crusted Cod	Meatless Bean Goulash V	
Sticky Spicy Tofu V GF	Marinara Sauce GF	Creole Vegetable Jambalaya V GF	Mozza Sticks w Marinara Sauce	Sweet Ginger Tofu w Pak Choi V GF	Smoked Meat on a Bun	Cheese Tortellini w Fresh Salsa Sauce	
Spring Roll	Green Beans with Tofu V GF	Dirty Rice GF		Chicken and Vegetable Dumpling	Navy Bean Curry with Kale V GF	Glazed Carrots V GF	
Glass Noodles Japchae GF	N'kd Baked Potato or Dressed GF	Onion Rings	Tuscan Beans with Rosemary GF	Jasmine Rice V GF	Maple Glazed Carrots and Parsnip V GF	Yorkshire Pudding	
Buddha Delight Stir-fried Veg V GF	Broccoli V GF	French Onion Mashed Potato GF	Steamed Potatoes with Fine Herbs GF			Sautéed Brussel Sprouts with Bacon GF	
Baby Carrots V GF	Cheddar Cheese Sauce	Baton Rouge Vegetables V GF	Blistered Green Beans w Tomato Pesto GF	Fresh Market Vegetables V GF		Mash Potatoes w Gravy	
		Southern Fried Okra	Garlic Bread	Tempura Shrimp		Fries	
		Fire Roasted Corn Biscuit				Wholegrain Rice V GF	
International Week	International Week	International Week	International Week	International Week			
After Eight Dining	*After Eight Dining*	*After Eight Dining*	*After Eight Dining*	*After Eight Dining*	*After Eight Dining*	*After Eight Dining*	
Chef's Daily Entrée Feature...	Chef's Daily Entrée Feature...	Chef's Daily Entrée Feature...	Chef's Daily Entrée Feature...	Chef's Daily Entrée Feature...	Chef's Daily Entrée Feature...	Chef's Daily Entrée Feature...	
Appetizers & Side Dishes	Appetizers & Side Dishes	Appetizers & Side Dishes	Appetizers & Side Dishes	Appetizers & Side Dishes	Appetizers & Side Dishes	Appetizers & Side Dishes	
Signature Hot Sandwich	Signature Hot Sandwich	Signature Hot Sandwich	Signature Hot Sandwich	Signature Hot Sandwich	Signature Hot Sandwich	Signature Hot Sandwich	
Daily Pizza & Flatbread Feature	Daily Pizza & Flatbread Feature	Daily Pizza & Flatbread Feature	Daily Pizza & Flatbread Feature	Daily Pizza & Flatbread Feature	Daily Pizza & Flatbread Feature	Daily Pizza & Flatbread Feature	

MENU SUMMARY

GF - GLUTEN-FREE **V - VEGAN**
***RWA - Raised WITHOUT Antibiotics**

Meatless 54% Seafood 9%
 Poultry 17% Beef 10%
 Pork 10%

Cycle 2 Menu Schedule 2017

October 2 - 8

November 13 - 19