

# MENU CYCLE 3

2019 (APRIL 8 - 14)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b> Egg Whites Available upon Request Daily	Apple Cinnamon Oatmeal <b>V</b> Eggs: Scrambled & Fried to Order <b>GF</b> Eggs Hard Boiled <b>GF</b> Texas French Toast Pork sausage patty Diced Savory Potatoes Crispy Bacon <b>GF</b>	Steel Cut Oats <b>V</b> Strawberry Filled Crepes Sautéed Mushrooms <b>V GF</b> Eggs: Scrambled & Fried to Order <b>GF</b> Cheese Omelets <b>GF</b> Crispy Bacon <b>GF</b> Turkey Sausage Links <b>GF</b>	Granola & Fruit Bake Buttermilk Pancakes Eggs: Scrambled, Fried to Order <b>GF</b> Hard Boiled <b>GF</b> Hash Brown Potatoes Crispy Bacon <b>GF</b> Pork Sausage Links <b>GF</b>	Hot Quinoa & Oat Breakfast Cereal <b>V</b> French Toast Eggs: Scrambled & Fried to Order <b>GF</b> Hash Brown Potatoes Turkey Bacon <b>GF</b> Peameal Bacon <b>GF</b>	Mushroom & Vegetable Congee <b>V GF</b> Huevos Rancheros Eggs: Scrambled & Fried to Order <b>GF</b> Eggs Hard Boiled <b>GF</b> Baby Potato Pancakes Crispy Bacon <b>GF</b> Pork Sausage Links <b>GF</b>	Eggs Scrambled <b>GF</b> Hash Brown Potatoes French Toast Pork Sausage Links <b>GF</b>	Eggs Scrambled <b>GF</b> Hash Brown Potatoes Pancakes Crispy Bacon <b>GF</b>
	Breakfast Burger Meatless Breakfast Burger	Bacon & Egg Breakfast Muffin Meatless Breakfast Muffin	Cuban Breakfast Sandwich Meatless Breakfast Sandwich	Breakfast Burritos (Meat & Meatless)	Mornin' Breakfast Wrap Meatless Mornin' Breakfast Wrap		
<b>LUNCH</b>	<b>Loaded Nachos</b> Apple and Onion Sausage on a Bun Homestyle Beef Pot Pie Turkey Schnitzel Black Eyed Peas with Kale <b>V GF</b> Vegan Mac n Cheese <b>V</b> Honey Roasted Butternut Squash w Cranberries and Feta <b>GF</b> Petite Peas <b>V GF</b> Wild Rice Medley <b>V</b> Mashed Potatoes <b>GF</b> and Gravy	<b>Fajita Bar V</b> Meatball Sub Spring Roll Austin Blues Smokey Ribs Wicked Thai Chicken and Shrimp Steamed Broccoli and Tofu <b>V GF</b> Vegetable Pad Thai <b>V GF</b> Snow Peas and Carrots <b>V GF</b> Jasmine Rice <b>V GF</b> French Fries	<b>Interactive Burger Bar V</b> Sloppy Pig Chicken Spanakopita Pie Italian Sausage Veg Toss Chickpeas and Spinach <b>V GF</b> Mediterranean Goat Cheese Tart Sweet Peppers Stuffed w Orzo, Lemon & Kale Firecracker Calamari Bites Sautéed Zucchini <b>V GF</b> Whole Grain Rice <b>V GF</b> French Fries	<b>Interactive Grilled Cheese</b> Portobello Mushroom Beef Burger Popcorn Chicken Bowl Florentine Meatloaf Bean and Sweet Potato Ragout <b>V GF</b> Vegetable Crostada Italian Sausage and Fennel Bake Kernel Corn <b>V GF</b> Mashed Potato <b>GF</b> French Fries Gravy	<b>Interactive Waffle</b> Italian Sloppy Joe Spring Roll <b>Hand Battered Haddock</b> Thai Red Curry Beef <b>GF</b> Wok Fried Vegetables with Tofu <b>V GF</b> Loaded Perogies Chicken BLT Pasta Bake Edamame w Garlic <b>V GF</b> Brown Sugar Glazed Baby Carrots <b>V GF</b> White Rice <b>V GF</b> French Fries	<b>Interactive Waffle</b> Chicken or Falafel Souvlaki Sweet and Sour Meatballs Pork Sausage Links <b>GF</b> Creamy Garlic vegan Pasta w Rstd Tomatoes <b>V</b> Eggs Scrambled <b>GF</b> Chicken Fingers & veggie Fresh Market Vegetables <b>V GF</b> Whole Grain Rice <b>V GF</b> French Fries French Toast Smoothies <b>GF</b>	<b>Interactive Omelet GF</b> Lamb Burger Crispy Bacon <b>GF</b> Chicken Skewer Baked Beans <b>V GF</b> Eggs Scrambled <b>GF</b> Chicken Broccoli Pasta Bake Wok Fired Vegetables <b>V GF</b> Pancakes French Fries Chorizo Skillet
	<b>Pasta Bar V GF</b> Apple and Onion Sausage on a Bun Kimchi and Pork Dumplings Sautéed Haddock <b>GF</b> Korean Fried Chicken Soy Chicken Stirfry <b>V</b> Hot and Sour Shrimp Noodle Sautéed Bok Choy <b>V GF</b> Roasted Green Beans with Mushrooms <b>V GF</b> Basmati Rice <b>V GF</b> Steamed Potatoes with Fine Herbs <b>V GF</b>	<b>Meatball Sub</b> Roasted Ham with Cider Glaze <b>GF</b> Beef Shepherds Pie Four Bean Stew <b>V GF</b> Salmon Fillet <b>GF</b> Beet and Goat Cheese Pachetti Cabbage and Caraway Sauté <b>V GF</b> Mashed Butternut Squash <b>V GF</b> Whole Grain Rice <b>V GF</b> Scalloped Potatoes	<b>Sloppy Pig</b> Coconut Shrimp Sticky Asian Drumsticks <b>GF</b> Beef Pot roast with Veg Garnish <b>GF</b> Grilled Tofu Steak w Sweet Chili Sauce and Onion Straws <b>V GF</b> Five Treasure Rice <b>V</b> BBQ Ribs <b>GF</b> Sautéed Button Mushrooms <b>V GF</b> Fresh Market Vegetable <b>V GF</b> Steamed White Rice <b>V GF</b> Egg Rolls	<b>Stir-Fry Bar V GF</b> Portobello Mushroom Beef Burger Roasted Lemon Rosemary Porkloin <b>GF</b> Tilapia w Cherry Tomatoes and Leeks <b>GF</b> Tuscan Beans w Rosemary <b>V GF</b> Penne al Forno Roasted Carrots & Red Onions with Fennel and Mint <b>V GF</b> Broccoli <b>V GF</b> Garlic Bread w Cheese Roasted Potato Wedges <b>V GF</b>	<b>Italian Sloppy Joe</b> Mozza Sticks Chicken Breast w Oven Rsted Vegetable Marinara Sauce <b>GF</b> Sicilian Sole <b>GF</b> Mediterranean Style Tofu <b>V GF</b> Cheese Ravioli w Italian Sausage, Rstd Pepper and Gouda Fire Roasted Corn and Sweet Peppers <b>V GF</b> Cauliflower Florets <b>V GF</b> 7 Vegetable Cous Cous <b>V</b> Roasted Baby Yukon Gold's <b>V GF</b>	<b>Chicken or Falafel Souvlaki</b> Chicken Parmesan Roast Haddock with Tomato & Fennel <b>GF</b> Grilled Tofu w Bruschetta <b>V GF</b> Tomato Basil Galette Pasta with Meat or Alfredo Mediterranean Vegetable Toss <b>V GF</b> Cheddar and Chive Garlic Biscuit Twice Baked Potato <b>GF</b>	<b>Lamb Burger</b> Pork Schnitzel Salmon with Leek and Wild Rice Filling <b>GF</b> <b>Roasted Quarter Chicken GF</b> Lentil and Carrots w Miso <b>V GF</b> Cremini Mushroom Wellington <b>V</b> Roasted Mushroom Ravioli w Sautéed Mushroom and Onion Sauce Green Beans <b>V GF</b> Carrots <b>V GF</b> Potato Wedges
	<b>*After Eight Dining*</b> Chef's Daily Entrée Feature... Appetizers & Side Dishes Signature Hot Sandwich Daily Pizza & Flatbread Feature	<b>*After Eight Dining*</b> Chef's Daily Entrée Feature... Appetizers & Side Dishes Signature Hot Sandwich Daily Pizza & Flatbread Feature	<b>*After Eight Dining*</b> Chef's Daily Entrée Feature... Appetizers & Side Dishes Signature Hot Sandwich Daily Pizza & Flatbread Feature	<b>*After Eight Dining*</b> Chef's Daily Entrée Feature... Appetizers & Side Dishes Signature Hot Sandwich Daily Pizza & Flatbread Feature	<b>*After Eight Dining*</b> Chef's Daily Entrée Feature... Appetizers & Side Dishes Signature Hot Sandwich Daily Pizza & Flatbread Feature	<b>*After Eight Dining*</b> Chef's Daily Entrée Feature... Appetizers & Side Dishes Signature Hot Sandwich Daily Pizza & Flatbread Feature	<b>*After Eight Dining*</b> Chef's Daily Entrée Feature... Appetizers & Side Dishes Signature Hot Sandwich Daily Pizza & Flatbread Feature

## MENU SUMMARY

**GF - GLUTEN-FREE**  
**V - VEGAN**

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

Cycle 3 Menu Schedule 2019  
JAN 14 - 20  
FEB 25 - MAR 3  
APRIL 8 - 14