

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b> <small>Egg Whites Available upon Request Daily</small>	Steel Cut Oats <b>V</b>	Steel Cut Oats <b>V</b>	Granola & Fruit Bake	Hot Quinoa & Oat Breakfast Cereal <b>V</b>	Mushroom & Vegetable Congee <b>V GF</b>		
	Apple Cinnamon Oatmeal <b>V</b>	Caramelized Onion & Bacon Tarts	Buttermilk Pancakes	French Toast	Kimchi & Pork Dumplings		
	Eggs: Scrambled & Fried to Order <b>GF</b>	Sautéed Mushrooms <b>V GF</b>		Eggs: Scrambled & Fried to Order <b>GF</b>	Chicken & Vegetable Dumpling		
	Texas French Toast	Eggs: Scrambled & Fried to Order <b>GF</b>	Eggs: Scrambled, Hard Boiled & Fried <b>GF</b>	Hash Brown Potatoes	Eggs: Scrambled & Fried to Order <b>GF</b>		
	Pork sausage patty	Cheese Omelets <b>GF</b>	Hash Brown Potatoes	Turkey Bacon <b>GF</b>	Baby Potato Pancakes		
	Diced Savory Potatoes	Crispy Bacon <b>GF</b>	Crispy Bacon <b>GF</b>	Peameal Bacon <b>GF</b>	Crispy Bacon <b>GF</b>		
	Crispy Bacon	Turkey Sausage Links <b>GF</b>	Smoked Ham <b>GF</b>	Breakfast Burritos	*RWA Pork Sausage Links <b>GF</b>		
	Breakfast Burger	BLT Croissant (Bacon, lettuce, tomato)	Bacon & Egg Breakfast Muffin	(Meat & Meatless)	Mornin' Breakfast Wrap		
	Meatless Breakfast Burger	CLT Croissant (Cheese, lettuce, tomato)	Meatless Breakfast Muffin		Meatless Mornin' Breakfast Wrap		
		<b>Shrove Tuesday Pancakes</b>					
<b>LUNCH</b>	Interactive Flatbread	Chef's Choice Interactive	Interactive Burger Bar <b>V</b>	Interactive Grilled Cheese	Interactive Waffle	Smoothie Bar <b>GF</b>	Interactive Omelet <b>GF</b>
	Homestyle Beef Pot Pie	Chicken Kabob	Chicken Spanakopita Pie	Portobello Mushroom Beef Burger	Hand Battered Haddock	Eggs Scrambled <b>GF</b>	Eggs Scrambled <b>GF</b>
	Apple and Onion Sausage on a Bun	Sticky Honey Garlic Pork Rib Bites	Firecracker Calamari Bites	Italian Sausage and Fennel Bake	BLT Pasta	* RWA Pork Sausage Links <b>GF</b>	Crispy Bacon <b>GF</b>
	Black Eyed Peas with Kale <b>V GF</b>	Vegetable Pad Thai <b>V GF</b>	Sweet Peppers Stuffed w Orzo, Lemon & Kale	Bean and Sweet Potato Ragout <b>V GF</b>	Spring Roll	French Toast	Pancakes
	Honey Roasted Butternut Squash w Cranberries and Feta <b>GF</b>	Spring Roll	Mediterranean Goat Cheese Tart	Kernel Corn <b>V GF</b>	Wok Fried Vegetables with Tofu <b>V GF</b>	Veggie Fingers <b>V</b>	Chorizo Skillet
	Petite Peas <b>V GF</b>	Jasmine Rice <b>V GF</b>	Chickpea and Spinach <b>V GF</b>	Mashed Potato <b>GF</b>	Brown Sugar Glazed Baby Carrots <b>V GF</b>	Chicken Fingers	Beef Burger
	Wild Rice Medley <b>V</b>	Snow Peas and Carrots <b>V GF</b>	Sautéed Zucchini <b>V GF</b>	French Fries	White Rice <b>V GF</b>	Vegetable Crostada	Malibu Vegetable Burger <b>V</b>
	Homemade Stuffing	Steamed Broccoli and Tofu <b>V GF</b>	French Fries	Gravy	French Fries	Wholegrain Rice <b>V</b>	Baked Beans <b>V GF</b>
	Mashed Potatoes <b>GF</b> and Gravy	Wicked Thai Chicken and Shrimp	Falafel Souvlaki Bowl		French Fries	French Fries	Whole Grain Rice <b>V GF</b>
					Fresh Market Vegetables <b>V GF</b>		French Fries
	<b>Shrove Tuesday Pancakes</b>	Chicken Souvlaki Bowl	Popcorn Chicken Bowl	Thai Red Curry Beef <b>GF</b>	Sweet and Sour Meatballs	Karage Chicken Bowl with Kimichi Slaw	
<b>DINNER</b>	Pasta Bar <b>V GF</b>	Chef's Choice Interactive	Valentine's Day Menu and Chocolate Fountain	Stir-Fry Bar <b>V GF</b>			Cavory Roasted Chicken <b>GF</b>
	Bulogogi Beef Ribs <b>GF</b>	Roasted Ham with Cider Glaze <b>GF</b>	Tender Roasted Prime Rib Carvery	Roasted Lemon Rosemary Porkloin <b>GF</b>	Roasted Chicken Breast w Oven Roasted Vegetable Marinara Sauce <b>GF</b>	Chicken Parmesan	Pork Schnitzel
	Korean Fried Chicken	Salmon with Lemon Dill Sauce <b>GF</b>	Yorkshire Pudding	Penne al Forno	Sicilian Sole <b>GF</b>	Pasta with Meat or Alfredo	Mushroom Ravioli
	Sautéed Haddock <b>GF</b>	Chicken and Broccoli Pasta Bake	Lobster Tails	Tilapia w Cherry Tomatoes and Leeks <b>GF</b>	Italian Sausage Ravioli	Roast Haddock with Tomato & Fennel <b>GF</b>	Onion Mushroom Sauce
	Kimchi and Pork Dumplings	Four Bean Stew <b>V GF</b>	Double Crème Brie Pasta parcels draped with a blush sauce	Tuscan Beans w Rosemary <b>GF</b>	7 Vegetable Cous Cous <b>V</b>	Grilled Tofu w Bruschetta <b>V GF</b>	Grilled Salmon <b>GF</b>
	Soy Chicken Stirfry <b>V</b>	Whole Grain Rice <b>V GF</b>	ROMEO AND JULIENNE Vegetable Tart	Roasted Potato Wedges <b>V GF</b>	Mediterranean Style Tofu <b>V GF</b>	Tomato Basil Galette	Cremini Mushroom Wellington <b>V</b>
	Basmati Rice <b>V GF</b>	Scalloped Potatoes	ared Duck Breast with Cherries and Port Sauce	Roasted Carrots w Fennel and Mint <b>V GF</b>	Moza Sticks	Mediterranean Vegetable Toss <b>V GF</b>	Red Skin Mash Potatoes <b>GF</b>
	Steamed Potatoes with Fine Herbs <b>V GF</b>	Cabbage and Caraway Sauté <b>V GF</b>	Potato Au Gratin Dauphinois	Broccoli <b>V GF</b>	Cauliflower <b>V GF</b>	Twice Baked Potato <b>GF</b>	Green Beans <b>V GF</b>
	Sautéed Bok Choy <b>V GF</b>	Mashed Butternut Squash <b>V GF</b>	Steamed Asparagus	Garlic Bread w Cheese	Roasted Baby Yukon Gold's <b>V GF</b>	Cheddar and Chive Garlic Biscuit	Carrots <b>V GF</b>
	Roasted Green Beans w Mushrooms <b>V GF</b>	<b>Shrove Tuesday Waffles</b>	sted Trio of Cauliflower, Broccoli and Red Pepp				
*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 3 Menu Schedule 2018  
 January 1 - 7  
 Feb 12 - 18  
 March 26 - April 1