

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST <small>Egg Whites Available upon Request Daily</small>	Steel Cut Oats V	Steel Cut Oats V	Granola & Fruit Bake	Hot Quinoa & Oat Breakfast Cereal V	Mushroom & Vegetable Congee V GF		
	Apple Cinnamon Oatmeal V	Caramelized Onion & Bacon Tarts	Buttermilk Pancakes	French Toast	Kimchi & Pork Dumplings		
	Eggs: Scrambled & Fried to Order GF	Sautéed Mushrooms V GF		Eggs: Scrambled & Fried to Order GF	Chicken & Vegetable Dumpling		
	Texas French Toast	Eggs: Scrambled & Fried to Order GF	Eggs: Scrambled, Hard Boiled & Fried GF	Hash Brown Potatoes	Eggs: Scrambled & Fried to Order GF		
	Pork sausage patty	Cheese Omelets GF	Hash Brown Potatoes	Turkey Bacon GF	Baby Potato Pancakes		
	Diced Savory Potatoes	Crispy Bacon GF	Crispy Bacon GF	Peameal Bacon GF	Crispy Bacon GF		
	Crispy Bacon	Turkey Sausage Links GF	Smoked Ham GF	Breakfast Burritos	*RWA Pork Sausage Links GF		
	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		
	LUNCH	Interactive Flatbread	Chef's Choice Interactive	Interactive Burger Bar V	Interactive Grilled Cheese	Interactive Waffle	Smoothie Bar GF
Homestyle Beef Pot Pie		Chicken Kabob	Chicken Spanakopita Pie	Portobello Mushroom Beef Burger	Hand Battered Haddock	Eggs Scrambled GF	Eggs Scrambled GF
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 GF	Crispy Bacon GF
Black Eyed Peas with Kale V GF		Vegetable Pad Thai V GF	Sweet Peppers Stuffed w Orzo, Lemon & Kale	Bean and Sweet Potato Ragout V GF	Spring Roll	French Toast	Pancakes
Honey Roasted Butternut Squash w Cranberries and Feta GF		Spring Roll	Mediterranean Goat Cheese Tart	Kernel Corn V GF	Wok Fried Vegetables with Tofu V GF	Veggie Fingers V	Chorizo Skillet
Petite Peas V GF		Jasmine Rice V GF	Chickpea and Spinach V GF	Mashed Potato GF	Brown Sugar Glazed Baby Carrots V GF	Chicken Fingers	Beef Burger
Wild Rice Medley V		Snow Peas and Carrots V GF	Sautéed Zucchini V GF	French Fries	White Rice V GF	Vegetable Crostada	Malibu Vegetable Burger V
Homemade Stuffing		Steamed Broccoli and Tofu V GF	French Fries	Gravy	French Fries	Wholegrain Rice V	Baked Beans V GF
Mashed Potatoes GF and Gravy			Falafel Souvlaki Bowl		French Fries	French Fries	Whole Grain Rice V GF
						Fresh Market Vegetables V GF	French Fries
DINNER	Thankful Turkey Bowl	Wicked Thai Chicken and Shrimp	Chicken Souvlaki Bowl	Popcorn Chicken Bowl	Thai Red Curry Beef GF	Sweet and Sour Meatballs	Karage Chicken Bowl with Kimichi Slaw
	Pasta Bar V GF	Chef's Choice Interactive	Easter 2018	Stir-Fry Bar V GF			Cavory Roasted Chicken GF
	Bulogogi Beef Ribs GF	Roasted Ham with Cider Glaze GF	Braised Lamb Shanks	Roasted Lemon Rosemary Porkloin GF	Roasted Chicken Breast w Oven Roasted Vegetable Marinara Sauce GF	Chicken Parmesan	Pork Schnitzel
	Korean Fried Chicken	Salmon with Lemon Dill Sauce GF	Cornish Hens	Penne al Forno	Sicilian Sole GF	Pasta with Meat or Alfredo	Mushroom Ravioli
	Sautéed Haddock GF	Chicken and Broccoli Pasta Bake	Slow Cooked Honey and Dijon Glazed Ham	Tilapia w Cherry Tomatoes and Leeks GF	Italian Sausage Ravioli	Roast Haddock with Tomato & Fennel GF	Onion Mushroom Sauce
	Kimchi and Pork Dumplings	Four Bean Stew V GF	Crispy Polenta stacked with a Wild Mushroom Ragout	Tuscan Beans w Rosemary GF	7 Vegetable Cous Cous V	Grilled Tofu w Bruschetta V GF	Grilled Salmon GF
	Soy Chicken Stirfry V	Whole Grain Rice V GF	Three Cheese Scalloped Potatoes	Roasted Potato Wedges V GF	Mediterranean Style Tofu V GF	Tomato Basil Galette	Cremini Mushroom Wellington V
	Basmati Rice V GF	Scalloped Potatoes	Steamed Broccoli w/ Aged Cheddar Sauce	Roasted Carrots w Fennel and Mint V GF	Moza Sticks	Mediterranean Vegetable Toss V GF	Red Skin Mash Potatoes GF
	Steamed Potatoes with Fine Herbs V GF	Cabbage and Caraway Sauté V GF	BROCCOLI	Broccoli V GF	Cauliflower V GF	Twice Baked Potato GF	Green Beans V GF
	Sautéed Bok Choy V GF	Mashed Butternut Squash V GF	Roasted Root Vegetables and Butternut Squash	Garlic Bread w Cheese	Roasted Baby Yukon Gold's V GF	Cheddar and Chive Garlic Biscuit	Carrots V GF
Roasted Green Beans w Mushrooms V GF		Quinoa with a Brunoise of Vegetables					
After Eight Dining	*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...	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	Appetizers & Side Dishes
Signature Hot Sandwich	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	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