

# MENU CYCLE 4

2019 (APRIL 15 - 21)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<b>BREAKFAST</b> Egg Whites Available upon Request Daily	Steel Cut Oats <b>V</b> Baked Beans <b>V GF</b> Hash Brown Potatoes	Chicken Congee <b>GF</b> French Toast Eggs: Scrambled & Fried to Order <b>GF</b>	Blueberry Breakfast Bake Broccoli & Cheddar Quiche Eggs: Scrambled & Fried to Order <b>GF</b>	Steel Cut Oats <b>V</b> Chocolate Chip Pancakes Western Skillet	Fruity Sunrise Porridge <b>V</b> Warm Cinnamon Rolls Hash Brown Potatoes	Eggs Scrambled <b>GF</b> Hash Brown Potatoes Crispy Bacon <b>GF</b>	Eggs Scrambled <b>GF</b> Hash Brown Potatoes Crispy Bacon <b>GF</b>	
	Eggs: Scrambled & Hard Boiled <b>GF</b> Turkey Sausage Links Crispy Bacon <b>GF</b> Ham & Cheese Omelets <b>GF</b>	Eggs Hard Boiled <b>GF</b> Hash Brown Potatoes Peameal Bacon <b>GF</b> Crispy Bacon <b>GF</b> Breakfast Club Melt	Hash Brown Potatoes Crispy Bacon <b>GF</b> Pork Sausage Patty	Eggs: Scrambled & Hard Boiled <b>GF</b> Crispy Bacon <b>GF</b> Pork Sausage Patty	Eggs: Scrambled, Fried to Order <b>GF</b> Eggs Hard Boiled <b>GF</b> Crispy Bacon <b>GF</b> Turkey Bacon <b>GF</b>	French Toast	Pancakes	
	Bacon & Egg Breakfast Muffin Meatless Breakfast Muffin	(French toast, fried egg, bacon, cheese) (Meat & Meatless)	Ham & Swiss Breakfast Panini Mediterranean Egg White Panini	Sausage & Egg Breakfast Muffin Meatless Breakfast Muffin	Florentine Breakfast Flatbreads (Meat & Meatless)			
	<b>LUNCH</b>	Burrito Bar <b>V</b>	Taco Tuesday Interactive <b>V</b>	Interactive Pizza Bar <b>V</b>	Wing Bar		Interactive Waffle	Interactive Omelet <b>GF</b>
		Shawarma	Chorizo Sausage	Chicken Parm Sandwich	Gyro	Loaded Hotdog	Philly Cheese Steak Sandwich	Fajita
		Battered Cauliflower Bites Crispy Southwest Haddock Piri Piri Drumsticks <b>GF</b>	Samosa Homestyle Beef Pot Pie Butter Chicken <b>GF</b>	Meatballs 5 spice pork saute	Beef Carnita Chicken Chili	Spring Roll Beef Shanghai Noodles Grilled Chicken Kabob w Thai Panang Curry Sauce <b>GF</b> Crispy Tofu w Thai Panang Curry Sauce <b>V</b>	Orange Ginger Chicken Crispy Bacon <b>GF</b>	Port Teriyaki Sauté Pork Sausage Links <b>GF</b>
Mediterranean Vegetable Tart Feta Twister Greek Pasta Toss		Aloo Gobi <b>V GF</b> Peas and Paneer <b>GF</b>	Creamy Vegan Green Bean Casserole <b>V</b> Leek, Mushroom and Cheese Frittata Penne ( <b>GF Available</b> ) with Marinara <b>V</b> or Alfredo	Southwest Baked Beans <b>V GF</b> White Cheddar Mac and Cheese	Hand Battered Haddock	Forager's Pie <b>V GF</b> Eggs Scrambled <b>GF</b> Cheese Rigatoni	Green Beans with Tofu <b>V GF</b> Eggs Scrambled <b>GF</b> Chicken Broccoli Pasta Bake	
Sautéed Broccoli w Kale and Garlic <b>V GF</b> Tri Coloured Carrot Medley <b>V GF</b>		Wok Fired Vegetables <b>V GF</b>	Zucchini <b>V GF</b> Sautéed Mushrooms <b>V GF</b>	Smoky Roasted Sweet Potatoes <b>V GF</b> Corn Niblets <b>V GF</b> Cilantro Green Rice <b>V GF</b> Fries Fresh Fried Tortilla Chips	Sautéed Carrots <b>V GF</b> Jasmine Rice <b>V GF</b> Crispy Fries Smoothies <b>GF</b>	Fresh Market Vegetable <b>V GF</b> Rice <b>V GF</b> Roasted Fingerling Potatoes <b>V GF</b> French Toast	Edamame Dumpling <b>V</b> Sweet Potato Chipotle Bake <b>GF</b> Jasmine Rice <b>V GF</b> Fries Pancakes	
Fries		Basmati Rice <b>V GF</b> Fries Warm Naan Bread Pakora	French Fries Eggplant Caprese Pizza <b>GF</b>					
<b>DINNER</b>		Pasta Bar <b>V</b>		Burger Bar <b>V</b>	Mexican Rice Bowl <b>V</b>			Carvery Beef Brisket on a ciabatta with coleslaw and chipotle BBQ
		Shawarma	Chorizo Sausage	Chicken Parm Sandwich	Gyro	Loaded Hotdog Feta Twister	Philly Cheese Steak Sandwich Beef Barbacoa Empanada Churasco Chicken Thighs with Chimichurri	Smokey Pork Chops w Roasted Red Pepper Remoulade <b>GF</b> Hunter Beef Stew
	Roasted Chicken Breast Adobo <b>GF</b> Grilled Pork Chop <b>GF</b>	Mediterranean Chicken Breast with Creamy Spinach and Artichoke Sauce Pesto Crusted Cod <b>GF</b>	Balsamic Rosemary Steak Tips <b>GF</b> Chicken Cordon Bleu	Broccoli Cheddar Chicken Salmon with Roasted Grain and Apsaragus Filling Polenta w Mushroom Bean Sundried Tomato Ragout <b>V</b>	Sole with Chermoula <b>GF</b> Roasted Chicken Leg w Chermoula Sauce <b>GF</b> Moroccan Lentil Stew <b>V</b>			
	Chickpea Orzo w Rstd Garlic and Basil Vegetable Enchilada w Red Enchilada Sauce <b>V</b>	Greek Slice <b>V</b> Striploin Steak <b>GF</b> Cheese Tortellini w Creamy Spinach and Artichoke Sauce	Grilled Tofu with Bruschetta <b>V GF</b> Meat Lasagna	Butternut Squash Ravioli with Butternut Squash Roasted Green Beans with Mushrooms <b>V GF</b> Cauliflower Florets <b>V GF</b> Whole Grain Rice <b>V GF</b>	Feta Twister 7 Vegetable Couscous <b>V</b> Carrots w Fresh Dill <b>V GF</b> Market Fresh Vegetables <b>V GF</b>	Smokey Vegetable Feijoada <b>V GF</b>	Black Eyed Peas with Kale <b>V GF</b> White Cheddar Mac and Cheese	
	Fire Roasted Corn and Sweet Peppers <b>V GF</b> Roasted Squash Wedges <b>V GF</b> Mexican Rice <b>V</b>	Green Bean Sautéed w Garlic <b>V GF</b> Mediterranean Vegetable Toss <b>V GF</b>	Roasted Root Vegetable Fries <b>V GF</b> Broccoli <b>V GF</b> Garlic Toast		Steamed Potatoes with Fine Herbs <b>V GF</b>	Vegan Butternut Squash Linguine w Fried Sage <b>V</b> Roasted Squash Rings <b>V GF</b> Asparagus <b>V GF</b> Quinoa <b>V</b>	Sweet Potato Fries Broccoli <b>V GF</b> Scalloped Potatoes	
	Oven Roasted Yukon Gold Wedges <b>GF</b>	Mashed Potatoes <b>GF</b>	Potato Wedges	Mashed Yukon Gold's <b>GF</b>		Roasted Baby Red Skin Potatoes <b>V GF</b>	Fire Roasted Cornbread Biscuit	
	<b>EASTER DINNER</b>							
	*After Eight Dining* Chef's Daily Entrée Feature... Appetizers & Side Dishes Signature Hot Sandwich Daily Pizza & Flatbread Feature	*After Eight Dining* Chef's Daily Entrée Feature... Appetizers & Side Dishes Signature Hot Sandwich Daily Pizza & Flatbread Feature	*After Eight Dining* Chef's Daily Entrée Feature... Appetizers & Side Dishes Signature Hot Sandwich Daily Pizza & Flatbread Feature	*After Eight Dining* Chef's Daily Entrée Feature... Appetizers & Side Dishes Signature Hot Sandwich Daily Pizza & Flatbread Feature	*After Eight Dining* Chef's Daily Entrée Feature... Appetizers & Side Dishes Signature Hot Sandwich Daily Pizza & Flatbread Feature	*After Eight Dining* Chef's Daily Entrée Feature... Appetizers & Side Dishes Signature Hot Sandwich Daily Pizza & Flatbread Feature	*After Eight Dining* Chef's Daily Entrée Feature... Appetizers & Side Dishes Signature Hot Sandwich Daily Pizza & Flatbread Feature	

## MENU SUMMARY

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

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

Cycle 4 Menu Schedule 2019  
JAN 21 - 27  
MAR 4 - 10  
APRIL 15 - 21