

MENU CYCLE 4

2018

Feb 19 - 25

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Egg Whites Available upon Request Daily	Steel Cut Oats V	Chicken Congee GF	Blueberry Breakfast Bake	Steel Cut Oats V	Fruity Sunrise Porridge V		
	Butter & Egg Savory Danish		Broccoli & Cheddar Quiche	Chocolate Chip Pancakes	Warm Cinnamon Rolls		
	Hash Brown Potatoes	Eggs: Scrambled & Fried to Order GF	Eggs: Scrambled & Fried to Order GF	Sunrise Breakfast Skillet	Hash Brown Potatoes		
	Eggs: Scrambled & Hard Boiled GF	Hash Brown Potatoes	Hash Brown Potatoes	Eggs: Scrambled & Hard Boiled GF	Eggs: Scrambled, Fried to Order GF		
	Turkey Sausage Links GF	Crispy Bacon GF	Crispy Bacon GF	Crispy Bacon GF			
	Crispy Bacon GF	Pork Sausage Patty	Peameal Bacon GF	Pork Sausage Patty	Crispy Bacon GF		
	Ham & Cheese Omelets	Breakfast Club Melt	Ham & Swiss Breakfast Panini		Turkey Bacon GF		
	Bacon & Egg Breakfast Muffin	(French toast, fried egg, bacon, cheese)	Mediterranean Egg White Panini	Sausage & Egg Breakfast Muffin	Florentine Breakfast Flatbreads		
Meatless Breakfast Muffin	(Meat & Meatless)		Meatless Breakfast Muffin	(Meat & Meatless)			
LUNCH	Interactive Souvlaki and Falafel V	Taco Tuesday Interactive	Interactive Pizza Bar V	Interactive Grilled Cheese	Smoothie Bar	Interactive Waffle	Interactive Omelet GF
	Grilled Chicken Kabob	Homestyle Beef Pot Pie	Eggplant Mozza Melt	Chicken Fingers	Grilled Chicken Kabob w Thai Panang Curry Sauce	Eggs Scrambled GF	Eggs Scrambled GF
	Lamb Burger	Aloo Gobi V GF	Penne with Marinara V or Alfredo	Mac'n Cheese	Hand Battered Haddock	Crispy Bacon GF	*RWA Pork Sausage Links GF
	Greek Pasta Toss	Pakora	Meatballs	Southwest Baked Beans V GF	Crispy Tofu w Thai Panang Curry Sauce	Ratatouille Tofu V GF	Chicken Broccoli Pasta Bake
	Feta Twister	Peas and Paneer GF	Leek, Mushroom and Cheese Frittata	Beef Carnita		French Toast	Sweet Potato Chipotle Bake GF
	Battered Cauliflower Bites	Basmati Rice V GF	French Fries	Smoky Roasted Sweet Potatoes V GF	Spring Roll	The Sloppy Pig Sandwich	Green Beans with Tofu V GF
	Sautéed Broccoli w Kale and Garlic Butter V GF	Butter Chicken Poutine	Zucchini V GF	Corn Niblets V GF	Jasmine Rice V GF	Cheese Rigatoni	Jasmine Rice V GF
	Tri Coloured Carrot Medley V GF	Samosa	Sautéed Mushrooms V GF	Cilantro Green Rice V GF	Crispy Fries	Roasted Fingerling Potatoes V GF	Fries
	Fries	Warm Naan Bread		Fries	Edamame Dumpling V	Fresh Market Vegetable V GF	Pancakes
		Fries			Sauteed Carrots V GF	Rice V GF	
	Hot and Sour Shrimp Noodle	Butter Chicken GF	Chicken Parmesan Bowl	Tortilla Chili Bowl	Beef Shanghai Noodles	Orange Ginger Chicken	Port Teriyaki Sauté
	Pasta Bar V	Interactive Chef's Choice	Perogies Bar	Stir-Fry Bar V GF			Carvery Beef Brisket GF
Roasted Chicken Breast Adobo GF	Mediterranean Chicken Breast with Creamy Spinach and Artichoke Sauce	Showtime Sushi V GF	Broccoli Cheddar Chicken	Balsamic Rosemary Steak Tips GF	Grilled Striploin Steak w Chimichurri Sauce GF	Smokey Pork Chops w Roasted Red Pepper Remoulade GF	
Grilled Pork Chop GF	Pesto Crusted Cod GF	Meat Lasagna	Maple Soy Salmon GF	Sole with Chermoula GF	Churasco Chicken Thighs with	Shrimp Skewer GF	
Crispy Southwest Haddock	Grilled Striploin Steak GF	BBQ Baby Back Ribs GF	Polenta w Mushroom Bean Sundried Tomato Ragout V	Roasted Chicken Leg w Chermoula Sauce GF	Chimichurri Sauce GF	White Cheddar Mac and Cheese	
Vegetable Enchilada w Red Enchilada Sauce V	Cheese Tortellini w Creamy Spinach and Artichoke Sauce	BBQ Chicken Wings	Butternut Squash Ravioli with Roasted Red Pepper Cream Sauce		Smokey Vegetable Feijoada V GF	Roasted Red Pepper Remoulade GF	
Mexican Rice V	Greek Slice V	Grilled Tofu with Bruschetta V GF		Moroccan Lentil Stew	Beef Barbacoa Empanada	Forager's Pie V GF	
Fire Roasted Corn and Sweet Peppers V GF	Wild Rice, Grain and Lentil Pilaf V GF		Roasted Green Beans with Mushrooms V GF	7 Vegetable Couscous V		Sweet Potato Fries	
Roasted Squash Wedges V GF	Mashed Potatoes GF	Roasted Root Vegetable Fries V GF	Cauliflower Florets V GF	Feta Twister	Asparagus V GF	Fire Roasted Cornbread Biscuit	
Oven Roasted Yukon Gold Wedges GF	Green Bean Sautéed w Garlic V GF	Broccoli V GF	Whole Grain Rice V GF	Market Fresh Vegetables V GF	Roasted Squash Rings V GF	Black Eyed Peas with Kale V GF	
	Mediterranean Vegetable Toss V GF	Potato Wedges	Mashed Yukon Gold's GF	Carrots w Fresh Dill V GF	Quinoa V	Broccoli V GF	
		Garlic Toast			Roasted Baby Red Skin Potatoes V GF		
<i>*After Eight Dining*</i>	<i>*After Eight Dining*</i>	<i>*After Eight Dining*</i>	<i>*After Eight Dining*</i>	<i>*After Eight Dining*</i>	<i>*After Eight Dining*</i>	<i>*After Eight Dining*</i>	
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 4 Menu Schedule 2017
 January 8 - 14
 Feb 19 - 25
 April 2 - 8