

# MENU CYCLE 5

2019 (APRIL 22 - 28)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b> Egg Whites Available upon Request Daily	Steel Cut Oats <b>V</b> Apple Filled Crepes Provencal Tomatoes Eggs: Scrambled & Fried to Order <b>GF</b> Eggs Hard Boiled <b>GF</b> Hash Brown Potatoes Crispy Bacon <b>GF</b> Turkey Sausage Links Bacon & Egg Breakfast Muffin Meatless Breakfast Muffin	Chicken Congee <b>GF</b> Chocolate Chip Pancakes Eggs: Scrambled & Hard Boiled <b>GF</b> Baked Beans <b>V GF</b> Hash Brown Potatoes Crispy Bacon <b>GF</b> Pork Sausage Links <b>GF</b> Cuban Breakfast Sandwich Meatless Breakfast Sandwich	French Toast Spinach & Cheese Burekas Eggs: Scrambled, Hard Boiled <b>GF</b> Cheese Omelets <b>GF</b> Hash Brown Potatoes Crispy Bacon <b>GF</b> Pork Sausage Links <b>GF</b> Turkey Bacon <b>GF</b> Sausage & Egg Breakfast Muffin Meatless Breakfast Muffin	Steel Cut Oats <b>V</b> Sweet Potato Breakfast Hash Eggs: Scrambled & Fried to Order <b>GF</b> Eggs Hard Boiled <b>GF</b> Crispy Bacon <b>GF</b> Pork Sausage Links <b>GF</b> Hash Brown Potatoes Meatless Monte Cristo Sandwich Monte Cristo Sandwich	Blueberry Breakfast Bake Baked Beans <b>V GF</b> Vegetable Frittata <b>GF</b> Eggs: Scrambled & Fried to Order <b>GF</b> Baby Potato Pancakes Crispy Bacon <b>GF</b> Turkey Sausage Links Mornin' Breakfast Wrap Meatless Mornin' Breakfast Wrap	Eggs Scrambled <b>GF</b> Crispy Bacon <b>GF</b> Hash Brown Potatoes Buttermilk Pancakes	Eggs Scrambled <b>GF</b> Peameal Bacon <b>GF</b> Hash Brown Potatoes French Toast
	<b>LUNCH</b>	Interactive Quesadilla <b>V</b> Smoked Meat Piri Piri Drumsticks <b>GF</b> Mexican Braised Beef Stew Soy Chicken Stirfry <b>V</b> Loaded Perogies Cheese Tortellini Sautéed Summer Squash <b>V GF</b> Corn Niblets <b>V GF</b> Sonara Vegetable Quinoa Sweet Potato Fries	Smashed Potato Bar <b>V GF</b> Meatball Sub Meatballs Sweet Chili Chicken <b>GF</b> Spaghetti with Tomato Sauce <b>V</b> Leek, Mushroom and Cheese Frittata Chicken Fingers Sautéed Button Mushrooms <b>V GF</b> Green Bean Sautéed w Garlic <b>V GF</b> Rice <b>V GF</b> Fries	Interactive Burger Bar <b>V</b> Chicken Sandwich Siracha Honey Chicken Drumsticks <b>GF</b> Shake and Bake Pork Chops Black Chickpeas and Ginger <b>V GF</b> Potstickers Beef Shanghai Noodles Maple Ginger Squash <b>V GF</b> Edamame w Garlic <b>V GF</b> Rice <b>V GF</b> Fries	Interactive Grilled Cheese Riblette Sandwich Popcorn Chicken Bowl Teriyaki Meatballs Lentil and Carrots w Miso <b>V GF</b> Firecracker Calamari Bites Chicken Chow Mein Sweet Fire Veg Stir-Fry <b>V GF</b> Corn Niblets <b>V GF</b> Steamed White Rice <b>V GF</b> Mashed Potato <b>GF</b> Egg roll	Beef Barbacoa Sandwich Beef Burgundy Pot Pie Wicked Thai Chicken and Shrimp Chickpeas and Spinach <b>V GF</b> Hand Battered Haddock Vegetable Pad Thai <b>V GF</b> Chicken and Veg Dumpling Snow Peas and Carrots <b>V GF</b> Jasmine Rice <b>V GF</b> Fries Smoothies <b>GF</b>	Interactive Waffle Chicken Caesar Wrap Crispy Bacon <b>GF</b> Chicken Pot Pie Ratatouille Tofu <b>V GF</b> Eggs Scrambled <b>GF</b> Hot and Sour Shrimp Noodle Baked Tomato with Pesto and Asiago Mushroom and Brussel Sprout Hash <b>V GF</b> Chicken Fingers & Veggie Nuggets Fries Buttermilk Pancakes
<b>DINNER</b>		Pasta Bar <b>V</b> Smoked Meat Coconut Shrimp Hula Hula Chicken Breast <b>GF</b> Jamaican Beef Curry <b>GF</b> Navy Bean Curry with Kale <b>V GF</b> Portabello with Spinach and Artichoke Fresh Market Vegetable <b>V GF</b> Sweet Potato Bakers <b>V</b> Jasmine Rice <b>V GF</b> Steamed Potatoes with Fine Herbs <b>V GF</b>	Meatball Sub Pub Style Meatloaf Turkey Schnitzel Squash and Barley Risotto <b>V</b> Mediterranean Goat Cheese Tart Carbonara Pasta Bake Golden Beets <b>V GF</b> Broccoli <b>V GF</b> Onion Mushroom Sauce Yukon Mashed Potato <b>GF</b> Onion Rings	Interactive Caesar Salad <b>GF</b> Chicken Sandwich Spring Roll Broiled Tilapia w Sweet Chili Pineapple Mango Salsa <b>GF</b> Thai Style BBQ Chicken Leg <b>GF</b> Grilled Tofu Steak w Sweet Chili Sauce & Onion Straws <b>V GF</b> Mediterranean Vegetable Lasagna <b>GF</b> Wok Fired Baby Bok Choy <b>V GF</b> Roasted Cauliflower <b>V GF</b> Basmati Rice <b>V GF</b> Sweet Potato Wedges <b>V</b>	Stir-Fry Bar <b>V GF</b> Riblette Sandwich Firecracker Calamari Bites Caramelized Apple and Onion Bangers Fried Chicken Roadside Curried Chickpeas <b>V GF</b> Mushroom and Caramelized Onion Tarte Tatin Beet and Goat Cheese Pachetti Fresh Market Vegetable <b>V GF</b> Baby Carrots <b>V GF</b> Mashed Potatoes <b>GF</b>	Beef Barbacoa Sandwich Beef Burgundy Pot Pie Austin Blues Smokey Ribs Four Bean Stew <b>V GF</b> Mushroom Caprese <b>GF</b> Meat Lasagna Cauliflower w Lemon and Parsley <b>V GF</b> Zucchini & Tomato w Roasted Garlic <b>GF</b> Mediterranean Style Rice <b>GF</b> Parmesan Potatoes <b>GF</b> Garlic Bread w Cheese	Chicken Caesar Wrap Chicken Fingers & Veggie Nuggets Fisherman's Pie Beef Kofta <b>GF</b> Vegan Mac and Cheese <b>V</b> Mujadarrah Lentils and Rice <b>V GF</b> Fresh Vegetable Blend <b>V GF</b> butternut Squash with Parsley <b>V GF</b> Warm Naan Bread Batata Harra-Spicy Potato <b>V GF</b>
	<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**  
**- VEGAN**

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

Cycle 5 Menu Schedule 2019  
JAN 28 - FEB 3  
MAR 11 - 17  
APRIL 22 - 28