

MENU CYCLE 5

2018

Jan 15 - 21

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST <small>Egg Whites Available upon Request Daily</small>	Steel Cut Oats V	Chicken Congee GF	French Toast	Steel Cut Oats V	Blueberry Breakfast Bake		
	Leek & Parmesan Danish	Chocolate Chip Pancakes	Spinach & Cheese Burekas	Sweet Potato Breakfast Hash	Vegetable Frittata GF		
	Provençal Tomatoes	Eggs: Scrambled & Fried to Order GF	Eggs: Scrambled, Hard Boiled G F	Eggs: Scrambled & Fried to Order GF	Eggs: Scrambled & Fried to Order GF		
	Eggs: Scrambled & Fried to Order GF		Cheese Omelets GF	Crispy Bacon GF	Baby Potato Pancakes		
	Hash Brown Potatoes	Baked Beans V GF	Hash Brown Potatoes	*RWA Pork Sausage Links GF	Crispy Bacon GF		
	Crispy Bacon GF	Hash Brown Potatoes	Pork Sausage Patty	Hash Brown Potatoes	Turkey Sausage Links GF		
	Turkey Sausage Links GF	Crispy Bacon GF	Turkey Bacon GF	Meatless Monte Cristo Sandwich	Mornin' Breakfast Wrap		
	Bacon & Egg Breakfast Muffin	*RWA Pork Sausage Links GF	Sausage & Egg Breakfast Muffin	Monte Cristo Sandwich	Meatless Mornin' Breakfast Wrap		
Meatless Breakfast Muffin	BLTG (Bacon, lettuce, tomato, guacamole)	Meatless Breakfast Muffin					
	CLTG (Cheese, lettuce, tomato, guacamole)						
LUNCH	Interactive Chicken Sandwich	Interactive Meatball Sub and Garlic Bread	Interactive Flatbread	Interactive Grilled Cheese	Smoothie Bar GF	Interactive Waffle	Interactive Omelet GF
	Piri Piri Chicken GF	Chicken Fingers	Siracha Honey Chicken Drumsticks GF	Teriyaki Meatballs	Mac and Cheese Beef Burger	Eggs Scrambled GF	Eggs Scrambled GF
		Spaghetti with Tomato Sauce V	Eggroll in a Nappa Wrap GF	Lentil and Carrots w Miso V GF	Malibu Vegetable Burger V	Crispy Bacon GF	Peameal Bacon GF
	Sonara Vegetable Quinoa	Meatballs	Black Chickpeas and Ginger V GF	Kimchi and Pork Dumpling	Hand Battered Haddock	Buttermilk Pancakes	French Toast
	Sweet Potato Fries	Leek, Mushroom and Cheese Frittata	Pot Sticker	Sweet Fire Veg Stir-Fry V GF	Vegetable Pad Thai V GF	Chicken Caesar Wrap	
	Sautéed Summer Squash V GF	Sautéed Button Mushrooms V GF	Maple Ginger Squash V GF	Eggroll	Chicken and Veg Dumpling	Veggie Fingers V	Pulled Pork on a Bun
	Corn Niblets V GF	Green Bean Sautéed w Garlic V GF	Edamame w Garlic V GF	Steamed Rice V GF	Snow Peas and Carrots V GF	Baked Tomatoes V GF	Baked Beans V GF
	Southwest Black beans V GF	Fries	Rice V GF	Mashed Potato GF	Jasmine Rice V GF	Mushroom and Brussel Sprout Hash V GF	Fresh Market Vegetable V GF
		Rice		Corn Niblets V GF	Fries	Fries	Mac n Cheese
							Rice V GF
Brazilian Beef Bowl GF	Sweet Chili Chicken	Beef Shanghai Noodles	Popcorn Chicken Bowl	Wicked Thai Chicken and Shrimp	Hot and Sour Shrimp Noodle	Ginger Beef	
Pasta Bar V	Chef's Choice Interactive	Fajita Bar V	Stir-Fry Bar V GF			Carvery Turkey GF	
Brown Sugar Garlic Pork Loin GF	Pub Style Meatloaf	Thai Style BBQ Chicken Leg GF	Caramelized Apple and Onion Bangers	Honey Garlic Ribs	Fisherman's Pie		
Hula Hula Chicken Breast GF	Turkey Schnitzel	Asian Style Short Ribs GF	Fried Chicken	Meat Lasagna	Beef Kofta GF	Salmon w Lemon Dill Sauce GF	
Broiled Tilapia w Sweet Chili Pineapple	Basa with Black Pepper & Broiled Lemons GF	Grilled Tofu Steak w Sweet Chili Sauce & Onion Straws V GF	Mushroom and Caramelized Onion Tartatin	Oven Roasted Trout GF	Lamb Chops GF	Beef Pot Roast with Vegetable Garnish	
Mango Salsa GF	Onion Mushroom Sauce	Firecracker Calamari Bites	Mashed Potatoes GF	Mushroom Caprese GF	Chickpeas and Spinach V GF	Mushroom Ravioli	
Navy Bean Curry with Kale V GF	Squash and Barley Risotto V	Spring Roll	Shepherd's Pie Bread Bowl	Four Bean Stew V GF	Fresh Vegetable Blend V GF	Bean and Sweet Potato Ragout V GF	
Jasmine Rice V GF	Goat Cheese Tart	Showtime Sushi V GF	Onion Mushroom Sauce	Mediterranean Style Rice GF	butternut Squash with Parsley V GF	Mashed Potato and Gravy	
Fresh Market Vegetable V GF	Onion Rings	Sweet Potato Wedges V	Roadside Curried Chickpeas V GF	Parmesan potatoes GF	Mujadarrah Lentils and Rice V GF	Stuffing	
Sweet Potato Bakers V	Yukon Mashed Potato GF	Wok Fired Baby Bok Choy V GF	Fresh Market Vegetable V GF	Cauliflower w Lemon and Parsley V GF	Batata Harra-Spicy Potato V GF	Roasted Parsnips, Carrots and Turnip V GF	
Potatoes w Lemon Fine Herbs V GF	Golden Beets V GF	Roasted Cauliflower V GF	Baby Carrots V GF	Zucchini and Tomato with Roasted Garlic GF	Warm Naan Bread	Sautéed Green Beans and Mushrooms V GF	
Coconut Shrimp w Sweet Chili Pineapple	Broccoli V GF			Garlic Bread w Cheese			
Mango Salsa							
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 5 Menu Schedule 2018
 January 15 - 21
 Feb 26 - Mar 4
 April 9 - 15