

MENU CYCLE 5

2017

October 23 - 29

	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 GF	Eggs: Scrambled & Fried to Order GF	Eggs: Scrambled & Fried to Order GF		
	Eggs: Scrambled & Fried to Order GF	Hard Boiled 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	Monte Cristo Sandwich	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		Meatless Mornin' Breakfast Wrap		
	Meatless Breakfast Muffin	BLT Multi-Grain Croissant	Meatless Breakfast Muffin				
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	Beef Burger	Eggs Scrambled GF	Eggs Scrambled GF
	Black Bean Simmer V	Spaghetti with Tomato Sauce V	Eggroll in a Lettuce 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	Tiramisu 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		Veggie Fingers V	Pulled Pork on a Bun
	Corn Niblets V GF	Green Bean Sautéed w Garlic V GF	Edamame w Garlic Butter V GF	Steamed Rice V GF	Snow Peas and Carrots V GF	Baked Tomatoes V GF	Baked Beans V GF
		Fries	Rice V GF	Mashed Potato GF	Jasmine Rice V GF	Mushroom and Brussel Sprout Hash V GF	Sautéed Zucchini V GF
				Corn Niblets V GF	Fries	Fries	Mac n Cheese
							Rice V GF
DINNER	Brazilian Beef Bowl GF	Chicken Chow Mein	Beef Shanghai Noodles	Popcorn Chicken Bowl	Wicked Thai Chicken and Shrimp	Hot and Sour Shrimp Noodle	Sweet Chili Chicken GF
	Pasta Bar V	Chef's Choice Interactive	Fajita Bar V	Stir-Fry Bar V GF			Diwali
	Brown Sugar Garlic Pork Loin GF	Pub Style Meatloaf	Thai Style BBQ Chicken Leg GF	Caramelized Apple and Onion Bangers	Honey Garlic Ribs	Oven Fried Chicken	Tandoor Spiced Chicken
	Hula Hula Chicken Breast GF	Turkey Schnitzel	Asian Style Short Ribs GF	Corned Roast Beef GF	Meat Lasagna	Beef Kofta GF	Matar Paneer
	Broiled Tilapia w Sweet Chili Pineapple	Cod w Black Pepper and Broiled Lemons GF	Grilled Tofu Steak w Sweet Chili Sauce & Onion Straws V GF	Mushroom and Caramelized Onion Tartatin	Polenta Crusted Trout GF	Lamb Chops GF	Grilled Salmon w Indian Spices& Riat
	Mango Salsa GF	Onion Mushroom Sauce	Firecracker Calamari Bites	Colcannon	Mushroom Caprese GF	Chickpeas and Spinach V GF	Biryani Vegetables
	Navy Bean Curry with Kale V GF	Squash and Barley Risotto V	Spring Roll	Braised Beef Shepherds Pie GF	Four Bean Stew V GF	Honey Harissa Eggplant GF	Pyaz Aloo Tikkas
	Jasmine Rice V GF	Goat Cheese Tart	Showtime Sushi V GF	Onion Mushroom Sauce	Mediterranean Style Rice GF	Roasted Butternut Squash with Zaatar & Parsley V GF	Vegetable Samosas
	Maple Jerk Veggies & Pineapple V GF	Onion Rings	Sweet Potato Wedges V	Roadside Curried Chickpeas V GF	Parmesan potatoes GF	Mujadarrah Lentils and Rice V GF	Naan Bread
	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	Basmati Rice
	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	Curried Cauliflower and Peas
	Coconut Shrimp w Sweet Chili Pineapple	Broccoli V GF			Garlic Bread w Cheese		Lassi Bar
Mango Salsa						Rice Pudding w Mango	
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...	*After Eight Dining*
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 2017
 September 11 - 17
 October 23 - 29
 December 4 - 10