

# Week 1 Breakfast and Lunch Menu



	Monday 21-Jan	Tuesday 22-Jan	Wednesday 23-Jan	Thursday 24-Jan	Friday 25-Jan	Saturday 26-Jan	Sunday 27-Jan
	GF V Scrambled Eggs GF Cornbeef Hash GF Chicken Sausage V French Toast Sticks GF V Homefries GF V Oatmeal GF V Cage Free Eggs Made to Order Omelet Station - Belgian Waffle Bar w/ Fruit Topping	V Eggs Benedict GF Turkey Bacon Sausage Patties V Buttermilk Pancakes GF V Baked Hash Brown Patty V Cinnamon Raisin Oatmeal GF V Cage Free Eggs Made to Order Omelet Station - Belgian Waffle Bar w/ Fruit Topping	Scrambled Eggs/ Cheesy Scrambled Turkey Sausage Patties Sausage Links V French Toast Sticks GF V Shredded Hash Browns V Oatmeal GF V Cage Free Eggs Made to Order Omelet Station - Belgian Waffle Bar w/ Fruit Topping	Scrambled Eggs/ Scrambled Tofu Sausage Gravy with Biscuits Turkey Sausage Links Chocolate Chip Pancakes GF V Tater Tots GF V Brown Sugar Oatmeal GF V Cage Free Eggs Made to Order Omelet Station - Belgian Waffle Bar w/ Fruit Topping	GF V Scrambled Eggs GF Chicken Sausage GF Pork Sausage Links V French Toast Sticks GF V Shredded Hash Browns V Honey Oatmeal GF V Cage Free Eggs Made to Order Omelet Station - Belgian Waffle Bar w/ Fruit Topping	GF V Scrambled Eggs GF Crispy Bacon GF Sausage Patties V Chocolate Chip Pancakes GF V Tater Tots V Oatmeal GF V Cage Free Eggs Made to Order Omelet Station - Belgian Waffle Bar w/ Fruit Topping	GF V Scrambled Eggs GF Turkey Bacon GF Sausage Links V French Toast GF V Homefries V Oatmeal GF V Cage Free Eggs Made to Order Omelet Station - Belgian Waffle Bar w/ Fruit Topping
	<b>Chef Salad</b> Ham, Turkey Iceberg Lettuce, Cheddar Cheese, Diced Eggs Cucumbers, Tomatoes, Chickpeas Croutons Ranch and Honey Mustard Dressing	<b>Taco Tuesday</b> Hard Taco & Soft Taco Shell Chicken, BBQ Cauliflower & Chickpeas Chili Lime Slaw, Jalapenos Lettuce, Tomato, Cheddar Cheese Sour Cream, Salsa	<b>Kimichi Fried Rice</b> Chicken Kimichi, White Rice Sesame Oil, Soy Sauce Fried Egg Chopped Scallions	<b>Stir Fry Thursdays</b> Asparagus, Beef Baby Corn, Water Chestnut White Rice Soy Sauce, Teriyaki Sauce Sesame Oil, Ginger, Garlic	<b>Shrimp Etoufee</b> Shrimp, Tri Colored Peppers Diced Diced Onions Spicy Seafood Broth White Rice Green Onions		
	Bacon Chicken Jack V Featured Item: Horseradish Mayo	Super Italian V Featured Item: Baby Spinach	Hot Buffalo Chicken with Cheese and Bacon On Ciabatta V Featured Item: Avocado	Vegetarian Special V Featured Item: Sun-Dried Tomato Pesto	Hot Pizza Sub V Featured Item: Artichoke Heart	Turkey Club	Deli Club
	Chicken Korma GF V Basmati Rice GF V Steamed Broccoli GF V Roasted Cauliflower	Open Faced Turkey Sandwich GF V Mashed Potatoes GF V Sweet Peas GF V Spaghetti Squash	Pork and Pineapple Stir Fry GF V Brown Rice GF V Brown Sugar Carrots GF V Sauteed Zucchini and Squash	GF Marinated Chicken Tenders V Herb Roasted Potatoes GF V Corn GF V Roasted Broccoli	Battered Fish V Macaroni and Cheese GF V Herb Sautéed Zucchini GF V Mustard Carrots		
	V Sausage Stromboli V Cheese Pizza V Pepperoni Pizza V Cavatappi and Spaghetti V Marinara and Alfredo V Italian Sausage	V Grilled Vegetable Pizza V Cheese Pizza V Pepperoni Pizza V Cavatappi and Spaghetti V Marinara and Alfredo V Italian Sausage	Bacon and Onion White Pizza V Cheese Pizza V Pepperoni Pizza V Cavatappi and Spaghetti V Marinara and Alfredo V Italian Sausage	V Mushroom & Red Pepper Pizza V Cheese Pizza V Beef on Weck Pizza V Cavatappi and Spaghetti V Marinara and Alfredo V Meatballs	Meat Lover Calzone V Cheese Pizza V Pepperoni Pizza V Cavatappi and Spaghetti V Marinara and Alfredo V Meatballs	Sausage , Egg and Cheese Pizza V Bacon, Egg and Cheese Pizza V Mediterranean Egg Pizza	Sausage , Egg and Cheese Pizza Bacon, Egg and Cheese Pizza V Mediterranean Egg Pizza
	GF Tofu Tacos GF V Mexican Brown Rice GF V Steamed Cajun Broccoli	V GF V Vegan Meatloaf GF V Mashed Sweet Potato GF V Sweet Peas	V V Vegan Lentil Pasta with Sausage GF Cauliflower Chickpea Patties GF V Herb Sautéed Zucchini	V Black Bean and Sweet Potato Burritos GF V Oven Browned Red Potatoes GF V Sauteed Green Beans	GF V Vegan Chickpea Stir Fry GF V Sesame Cauliflower GF V Sautéed Squash		
	Grilled Marinated Chicken Breast Gyo Quesadilla GF V House- Cut Fries	Grilled Hamburger Grilled Veggie Burger GF V French Fries	Grilled Marinated Chicken Breast Italian Flat Bread Melt GF V House- Cut Fries	Grilled Hamburger V Grilled Cheese Sandwich GF V French Fries	Grilled Marinated Chicken Breast Hot Dog w/ Chili Cheese Sauce GF V French Fries	Egg, Cheese & Bacon Burritos Spicy Chicken Filet GF V Curly Fries	Egg, Sausage & Cheese Bagel Grilled Hamburgers GF V Tater Tots
	Asian Salad with Cucumber Wasabi Dressing GF V Greek Roasted Garbanzo Bean Salad GF Hummus with Pita Chips	V Asian Salad with Cucumber Wasabi Dressing GF V Greek Roasted Garbanzo Bean Salad GF V Hummus with Pita Chips	Black Bean and Corn Salad GF V Texas Slaw GF V Roasted Red Pepper Hummus with Grill Pita Chips	Black Bean and Corn Salad GF V Texas Slaw GF V Roasted Red Pepper Hummus with Grill Pita Chips	V Tortellini Salad GF Broccoli Salad GF V Buffalo Chicken Wing Dip with Homemade Tortilla Chips	V Tortellini Salad GF Broccoli Salad	V Tortellini Salad GF Broccoli Salad
	V Cream of Cauliflower Soup V Hamburger Macaroni Soup	V Potato Broccoli Soup GF Italian Sausage Soup	V Beans and Greens GF V Stuffed Pepper Soup	V Cream of Tomato GF Turkey Wild Rice Veggie Soup	V Vegetable Soup GF New England Clam Chowder	Chicken Noodle Soup GF Cream of Vegetable Soup	Chicken Noodle Soup GF Cream of Vegetable Soup

\* Contains or may contain raw or undercooked ingredients. Consuming raw or uncooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.

- V Denotes Vegetarian Item
- Va Denotes Vegan Item
- GF Denotes Gluten-Free Item