

BREAKFAST							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	11-Jan	12-Jan	13-Jan	14-Jan	15-Jan	16-Jan	17-Jan
Style of Eggs	Scrambled or Fried	Scrambled	Fried	Fried Eggs (Over Easy)	Omelet or Fried	Scrambled or Fried	Scrambled or Fried
Special # 1	Breakfast Sandwich	Pancakes	Waffle Wednesday	Western Sandwich	Vegetarian Omelet	Breakfast Burrito	Breakfast Sandwich
Special # 2	Full Breakfast	Breakfast Burrito	Full Breakfast	Full Breakfast	Breakfast Sandwich	Breakfast Bagel	Full Breakfast
Side Protein	Bacon or Tofu	Bacon or Tofu	Bacon, Sausages or Tofu	Sausage or Tofu	Bacon or Tofu or Ham	Bacon or Tofu	Bacon, Sausages or Tofu
Side 2	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
Side 3	Toast or English Muffin		Toast	Toast	Toast or English Muffin	Bagel	Toast or Bagel
Side 4	Hash Browns	Home Fries	Hash Browns	Home Fries	Home Fries		Home Fries
Pastry							
Fruit	Fruit Selection Available	Fruit Selection Available	Fruit Selection Available	Fruit Selection Available	Fruit Selection Available	Fruit Selection Available	Fruit Selection Available
Cereal	Cold Cereal	Hot Oatmeal Cereal	Cold Cereal	Hot Oatmeal Cereal	Cold Cereal	Hot Oatmeal Cereal	Cold Cereal
Beverage Choices	Milk, Juice, Tea, Coffee, Hot Chocolate	Milk, Juice, Tea, Coffee, Hot Chocolate	Milk, Juice, Tea, Coffee, Hot Chocolate	Milk, Juice, Tea, Coffee, Hot Chocolate	Milk, Juice, Tea, Coffee, Hot Chocolate	Milk, Juice, Tea, Coffee, Hot Chocolate	Milk, Juice, Tea, Coffee, Hot Chocolate

Breakfast Burrito: 2 scrambled eggs, cheese, 2 slices bacon, hash browns, lettuce & tomato on tortilla

LUNCH							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup or Salad of the Day	Tomato Soup	Caesar Salad	Chicken Noodle	Garden Salad	Tomato Soup	N/A	N/A
Sandwiches	N/A	N/A	N/A	N/A	N/A	Turkey, Ham or Tuna Ciabatta (Ask Chef for Vegan Option)	Turkey, Ham or Tuna Ciabatta (Ask Chef for Vegan Option)
Lunch Entrée 1	Chicken or Tofu Souvlaki Pita	Chickpea, Cucumber, Tomato & Feta Salad with Pita Triangles	Tomato & Cucumber Salad	Macaroni & Cheese	Coconut Shrimp Salad	N/A	N/A
Lunch Entrée 2	Cheese & Potato Perogies	Tuna Melt	Chicken or Vegetable Quesadilla	Chicken or Veggie Ground Round Ceasar Salad	Meatball or Veggie Ground Round Sub	N/A	N/A
Daily Pizza	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Vegan/Dairy Free Dessert	Ginger Snapp Cookies	Ginger Snapp Cookies	Ginger Snapp Cookies	Ginger Snapp Cookies	Ginger Snapp Cookies	Ginger Snapp Cookies	Ginger Snapp Cookies
Desserts	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit, Potato Chip	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit, Potato Chip	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit, Potato Chip	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit Potato Chip	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit Potato Chip	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit Potato Chip	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit Potato Chip

DINNER ENTRÉE							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dinner Option 1	Pulled Chicken Tacos	Beef Lasagna	Pulled Pork on a Bun	Beef Chili	Chicken Fingers	Chef's Special	Chef's Special
Vegan Option 2	Pasta Bake	Tofu & Vegetable Lo Mein & Noodles	Roasted Vegetable Burger with Tofu	Sweet Potato & Lentil Stew	Vegan Tacos		
Grill Option	Beef Burger / 4 oz	Beef Burger / 4 oz	Beef Burger / 4 oz	Beef Burger / 4 oz	Beef Burger / 4 oz	Beef Burger / 4 oz	Beef Burger / 4 oz
Starch	Steamed Rice	Roasted Potatoes	Steamed Rice	Dinner Roll	Basmati Rice		
Vegetable	Roasted Carrots	Peas	Corn	Broccoli	Asparagus		
Side Dish	French Fries	French Fries	French Fries	French Fries	French Fries		
Pizza (4 slice / 8")	Ham & Pineapple	Roasted Pepper	BBQ Chicken	Three Cheese	Italian Sausage	Vegetable	Cheese
Vegan/Dairy Free Dessert	Ginger Snapp Cookies	Ginger Snapp Cookies	Ginger Snapp Cookies	Ginger Snapp Cookies	Ginger Snapp Cookies	Ginger Snapp Cookies	Ginger Snapp Cookies
Desserts	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit, Potato Chip	Fresh Apple Pie Tuesday!	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit Potato Chip	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit Potato Chip	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit Potato Chip	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit Potato Chip	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit Potato Chip

VEGAN	VEGETARIAN OPTION AVAILABLE	VEGAN PROTEIN/ GLUTEN FREE AVAILABLE	GLUTEN FREE
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