

BREAKFAST							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	08-Feb	09-Feb	10-Feb	11-Feb	12-Feb	13-Feb	14-Feb
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	BLT 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	Stawberry Smoothie	Mango Smoothie	Yogurt Parfait	Banana Strawberry Smoothie	Yogurt Parfait	Yogurt Parfait
Side 3	Toast or English Muffin		Toast	Toast	Toast or English Muffin	Bagel	Toast or Bagel
Side 4	Hash Browns	Hash Browns	Hash Browns	Hash Browns	Hash Browns	Hash Browns	Hash Browns
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
LUNCH							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup or Salad of the Day	Tomato	Caesar Salad	Chicken Noodle	Garden Salad	Tomato	N/A	N/A
Sandwiches	Turkey Bacon Panini	Turkey, Ham or Tuna Sandwich	Chicken Caesar Wrap	Turkey, Ham or Tuna Sandwich	Chicken Quesadilla	Turkey, Ham or Tuna Ciabatta (Ask Chef for Vegan Option)	Turkey, Ham or Tuna Ciabatta (Ask Chef for Vegan Option)
Lunch Entrée 1	Cobb Salad	Black Bean & Quinoa Burger	Tomato Basil Pasta	Olive Oil & Roasted Garlic Gnocchi	Tempeh Panini	N/A	N/A
Lunch Entrée 2	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Daily Pizza	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Vegan/Dairy Free Dessert	Gingersnap Cookie	Gingersnap Cookie	Gingersnap Cookie	Gingersnap Cookie	Gingersnap Cookie	Gingersnap Cookie	Gingersnap Cookie
Desserts	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit, Potato Chip Vegetables and Dip	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit, Potato Chip Vegetables and Dip	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit, Potato Chip Vegetables and Dip	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit, Potato Chip Vegetables and Dip	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit, Potato Chip Vegetables and Dip	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit, Potato Chip Vegetables and Dip	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit, Potato Chip Vegetables and Dip
DINNER ENTRÉE							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dinner Option 1	Chicken Parmesan	Pulled Pork on a Bun	Chili Cheese Fries	Fried Buffalo Chicken	Chicken Fingers & Fries	Chef's Special	Chef's Special
Vegan Option 2	Vegan Chili Fries	Sweet Potato Lentil Stew	Tofu Stir Fry with Rice Noodles	Tempeh Fried Rice	Pasta Bake		
Grill Option	Beef Burger	Beef Burger	Beef Burger	Beef Burger	Beef Burger	Beef Burger	Beef Burger
Starch	Hasselback Potato	Steamed Rice	Roasted Potato	Baked Potato	Onion Rings		
Vegetable	Roasted Carrots	Peas	Corn	Broccoli	Asparagus		
Side Dish	Garden Salad	French Fries	Garden Salad	French Fries	Garden Salad		
Pizza (4 slice / 8")	Ham & Pineapple	Roasted Pepper	BBQ Chicken	Three Cheese	Italian Sausage	Vegetable	Cheese
Vegan/Dairy Free Dessert	Gingersnap Cookie	Gingersnap Cookie	Gingersnap Cookie	Gingersnap Cookie	Gingersnap Cookie	Gingersnap Cookie	Gingersnap Cookie
Desserts	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit, Potato Chip Vegetables and Dip	Waffles Bar	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit, Potato Chip Vegetables and Dip	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit, Potato Chip Vegetables and Dip	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit, Potato Chip Vegetables and Dip	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit, Potato Chip Vegetables and Dip	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit, Potato Chip Vegetables and Dip

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

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