

09/21 - 09/27

WEEKLY MENU

• BREAKFAST

MONDAY

OATMEAL, HARD BOILED EGGS, KIELBASA,
HASH BROWN PATTIES

TUESDAY

OATMEAL, CHEESEY SCRAMBLE EGGS,
BACON, FRENCH TOAST

WEDNESDAY

CONGEE, HARD COOKED EGGS, BREAKFAST
HAM, TURKEY, ENGLISH MUFFINS, BAGELS,
CUCUMBERS, TOMATOES, CHEESE

THURSDAY

CORNMEAL PORRIDGE, CHEDDAR FRITTATA,
TURKEY SAUSAGE LINKS, PANCAKES

FRIDAY

CREAM OF WHEAT, HUEVOS RANCHEROS,
CHORIZO, RANCHERO POTATOES, TORTILLA
CHIPS

FRESH FRUIT,
YOGURT,
BAKED
GOODS AND
BREADS
AVAILABLE
AT
BREAKFAST

Daily Deli/

Salad Bar

Assorted

Meats &

Cheeses are

Available at

Lunch &

Brunch.

Breads, Rice,

Salad Bar, Are

Available for

Lunch and

Dinner

• LUNCH

M FISH ON

LEMON ROSEMARY FISH, STUFFED SHELLS,
SAUTEED GREENS, VEGETABLE QUINOA

T SABROSO

CHICKEN TACOS, VEGGIE FAJITAS, BLACK
BEANS, CILANTRO LIME RICE, CHOCOLATE
CAKE

W STEAK & WHIZ

PHILLY CHEESESTEAK, VEGETARIAN
CHEESESTEAK, ROASTED CARROTS, STEAK
FRIES, ARROZ CON LECHE

T CHEF'S CHOICE

PORK GOULASH, VEGETABLE GOULASH,
CAULIFLOWER, EGG NOODLES, CHOCOLATE
PUDDING

F CHEF'S CHOICE

SLOPPY JOES, VEGETARIAN SLOPPY JOES, CORN,
SWEET POTATO FRIES, YELLOW CAKE

WEEKEND

• DINNER

M SMOKEHOUSE

PORK BBQ, BBQ TOFU, SUCCOTASH, YELLOW
RICE, RICE KRISPY TREATS, EXTRA OPTION -
MAC&CHEESE

T NONNAS

BEEF LASAGNA, VEGETARIAN LASAGNA,
BROCCOLI RABE, GARLIC BREAD, NO BAKE
ITALIAN CAKE

W GENUINE DINER

SLOW ROAST CHICKEN, POLENTA, ROASTED
VEGETABLES, RICE PILAF, STRAWBERRY
SHORTCAKE, EXTRA OPTION - BAKED ZITI

T GOING VIRAL

GARLIC STEAK BITES, GARLIC BUTTER SEITAN
BITES, GREEN BEANS, MASHED POTATOES,
BROWNIES, EXTRA OPTION - CHEF'S CHOICE
PASTA

F NOLA

BLACKENED TILAPIA, BLACKENED
VEGETARIAN "CHICKEN", FRIED OKRA, CAJUN
RICE, BEIGNET, CHEF'S CHOICE - CHEF'S
CHOICE

SATURDAY

BRUNCH

OATMEAL, SPINACH &
SWISS QUICHE, TURKEY
SAUSAGE PATTIES, WAFFLES

DINNER

STEAKHOUSE BURGER,
VEGETARIAN BURGER,
COLESLAW, FRENCH FRIES,
COOKIES, EXTRA OPTION -
PASTA

SUNDAY

BRUNCH

OATMEAL, CHEESEY
SCRAMBLED EGGS, CORNED
BEEF HASH, HASHBROWNS
WITH ONIONS & PEPPERS

DINNER

BUTTER CHICKEN, ALOI
GOBI, ROASTED BRUSSELS
SPROUTS, BASMATI RICE,
CHOCOLATE CHIP
BROWNIES, EXTRA OPTION -
CHEF'S CHOICE PASTA

VEGAN, HALAL AND ALLERGEN FREE OPTIONS
ARE AVAILABLE UPON REQUEST

