

# MENU CYCLE 2

2017

January 23 - 29

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b> <small>Egg Whites Available upon Request Daily</small>	Steel Cut Oats <b>V</b>	Fried Rice & Scrambled Eggs <b>GF</b>	Steel Cut Oats <b>V</b>	Chicken Congee <b>GF</b>	Fruity Sunrise Porridge <b>V</b>	Eggs: Scrambled <b>GF</b>	Eggs: Scrambled <b>GF</b>
	Bacon, Egg & Cheddar Oatmeal Bowl	Apple Crisp	Sweet Potato Maple Oatmeal Bowl <b>V</b>	Southwest Vegetable Toss <b>V GF</b>	Spinach & Feta Danish	Crispy Bacon <b>GF</b>	Pancakes
	Eggs: Scrambled <b>GF</b>	Carrot Cake Pancakes	Maple Roasted Sweet Potatoes <b>V GF</b>	Chorizo Skillet	Grilled Roma Tomatoes <b>V GF</b>	Belgian Waffles	*RWA Pork Sausage Links <b>GF</b>
	Ham & Cheese Omelets	Eggs: Scrambled & Fried to Order <b>GF</b>	Baked Beans <b>V GF</b>	Eggs: Scrambled & Fried to Order <b>GF</b>	Eggs: Scrambled <b>GF</b>	Hash Brown Potatoes	Hash Brown Potatoes
	Diced Harvest Pride Potatoes	Baby Potato Pancakes	Eggs: Scrambled & Hard Boiled <b>GF</b>	Hash Brown Potatoes	Greek Omelets <b>GF</b>		
	Turkey Peameal Bacon <b>GF</b>	Crispy Bacon <b>GF</b>	Hash Brown Potatoes	Crispy Bacon <b>GF</b>	Hash Brown Potatoes		
	*RWA Pork Sausage Patty	*RWA Pork Sausage Links <b>GF</b>	*RWA Pork Sausage Links <b>GF</b>	Turkey Sausage Links <b>GF</b>	Peameal Bacon <b>GF</b>		
	Meatless Breakfast Croissant	Mornin' Breakfast Wrap	Turkey Bacon <b>GF</b>	Breakfast Tacos (Meat & Meatless)	Turkey Bacon <b>GF</b>		
Turkey Peameal Breakfast Croissant	Meatless Mornin' Breakfast Wrap	Monte Cristo Sandwich		Mediterranean Egg White Panini			
		Meatless Monte Cristo Sandwich		Ham & Swiss Breakfast Panini			
<b>LUNCH</b>	Interactive Souvlaki and Falafel	Interactive Sausage	Interactive Caesar Salad <b>GF V</b>	Interactive Grilled Cheese	Smoothie Bar <b>GF</b>	Interactive Waffle	Interactive Omelet <b>GF</b>
	Cod w Black Pepper and Broiled Lemons <b>GF</b>	Crispy Pollock Bites	Eggplant Mozza Melt	Carnita with Red Enchilada Sauce	Hand Battered Haddock	Eggs Scrambled <b>GF</b>	Eggs: Scrambled <b>GF</b>
	Chicken Broccoli Pasta Bake	Roadside Curried Chickpeas <b>V GF</b>	Pasta w Tomato or Alfredo	Mac n Cheese	Jalapeno Cheddar Burger	Crispy Bacon <b>GF</b>	Pork Sausage Links <b>GF</b>
	Spinach Feta Twister	Butter Chicken Poutine	Meatballs	Black Bean Simmer <b>V</b>	Grilled Portobello <b>V GF</b>	Chicken Alfredo Pasta Bake	Fluffy Pancakes
	Moroccan Lentil Stew <b>V</b>	Samosa	Sundried Tomato and Basil Sausage <b>GF</b>	Stuffed Jalapenos	Buffalo Chicken Pasta	Beef or Vegetable Taco	Philly Cheese Steak Sandwich
	French Fries	Jasmine Rice <b>V GF</b>	Mediterranean Vegetable Tart	Mexican Rice <b>V</b>	Whole Baked Sweet Potato with Chili	Quinoa and Kale Quiche <b>GF</b>	Quinoa Stuffed Peppers <b>V GF</b>
	Carrots w Fresh Dill <b>V GF</b>	Warm Naan Bread	Chicken Parmesan Sub	Roasted Sweet Potato <b>V GF</b>	Chili Fries	Grilled Vegetables w Tofu <b>V GF</b>	Philly Cheese Fries
	Sautéed Zucchini <b>V GF</b>	Indian Spiced Greens <b>V GF</b>	Potato Wedges	Sonara Vegetable Quinoa <b>V</b>		Steamed White Rice <b>V GF</b>	Broccoli <b>V GF</b>
	White Rice <b>V GF</b>	Fries and Gravy	Zucchini and Corn Sauté <b>V GF</b>	Corn Niblets <b>V GF</b>		French Fries	White Rice <b>V GF</b>
			Cheddar and Chive Garlic Biscuit				
Ginger Beef	Butter Chicken <b>GF</b>	Chicken Parmesan Bowl	BBQ Pulled Turkey Rice Bowl	Tortilla Chili Bowl	Sweet Chili Chicken	Dynamite Chicken	
Pasta Bar <b>V GF</b>	International Chicken Sandwich Bar	<b>CHINESE NEW YEAR DINNER</b>	Stir Fry Bar <b>V GF</b>			Roast Beef Carvery <b>GF</b>	
Vietnamese Lemon Grass Chicken <b>GF</b>	Pesto Crusted Salmon <b>GF</b>	Won Ton Soup	Fried Chicken	Garlic Hunan Beef <b>GF</b>	Florentine Meatloaf	Roasted Chicken Breast w Sundried and Tomato Salsa <b>GF</b>	
Tilapia with Turmeric and Dill <b>GF</b>	Mediterranean Vegetable Lasagna <b>GF</b>	Interactive BBQ Pork w Steamed Buns	Meat Lasagna	Kung Poa Chicken Spaghetti	Butternut Squash Ravioli with Butter, Sage and Goat Cheese	Broiled Salmon w Sundried & Tomato Salsa <b>GF</b>	
Vietnamese Lemongrass Meatballs	Chicken Breast with Oven-Roasted	Roasted Hong Kong Style Duck Legs	Polenta Crusted Trout <b>GF</b>	Kung Poa Cauliflower <b>V GF</b>	Comforting Cracker Crusted Cod	Meatless Bean Goulash <b>V</b>	
Sticky Spicy Tofu <b>V GF</b>	Marinara Sauce	Searched Salmon with Lobster Sauce	Mozza Sticks w Marinara Sauce	Sweet Ginger Tofu w Pak Choi <b>V GF</b>	Smoked Meat on a Bun	Cheese Tortellini w Fresh Salsa Sauce	
Spring Roll	Green Beans with Tofu <b>V GF</b>	Year of the Rooster Karage Style Chicken		Chicken and Vegetable Dumpling	Navy Bean Curry with Kale <b>V GF</b>	Glazed Carrots <b>V GF</b>	
Glass Noodles Japchae	N'kd Baked Potato or Dressed <b>GF</b>	Shanghai Noodle (vegetarian)	Tuscan Beans with Rosemary <b>GF</b>	Jasmine Rice <b>V GF</b>	Maple Glazed Carrots and Parsnip <b>V GF</b>	Yorkshire Pudding	
Buddha Delight Stir-fried Veg <b>V GF</b>	Broccoli <b>V GF</b>	Vegetable and Tofu fried Rice <b>V</b>	Steamed Potatoes with Fine Herbs <b>GF</b>	Broccoli and Mushroom Stir-Fry	Pulled Smoked Meat Poutine	Sautéed Brussel Sprouts with Bacon <b>GF</b>	
Kale Cabbage Crunch Saute <b>V GF</b>	Cheddar Cheese Sauce	Steamed Rice	Blistered Green Beans w Tomato Pesto	Chinese Style Kale Sauté <b>GF</b>	Cauliflower Goat Cheese Stuffed Portobello <b>GF</b>	Mash Potatoes w Gravy	
		Baby Bok Choy	Garlic Bread	Tempura Green Beans	Fries	Ancient Grains <b>V</b>	
		Wok Fired Chinese Vegetable Medley					
	*After Eight Dining*	*After Eight Dining*		*After Eight Dining*	*After Eight Dining*	*After Eight Dining*	*After Eight Dining*
	Join us After Eight PM for a selection hearty entrees, signature pizzas, authentic Mexican burritos		Mango Rice Pudding				
			*After Eight Dining*				
	<b>CHOPT SYD</b>						

## MENU SUMMARY

**GF - GLUTEN-FREE**      **V - VEGAN**  
**\*RWA - Raised WITHOUT Antibiotics**

Meatless 54%      Seafood 9%  
 Poultry 17%      Beef 10%  
 Pork 10%

Cycle 2 Menu Schedule 2017  
 January 23 - 29  
 March 6 - 12  
 April 17 - 23