

MENU CYCLE 3

2017

April 24th-30th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST <small>Egg Whites Available upon Request Daily</small>	Steel Cut Oats V	Mushroom & Vegetable Congee V GF	Granola & Fruit Bake	Hot Quinoa & Oat Breakfast Cereal V	Thai Coconut Congee	Eggs: Scrambled GF	Eggs: Scrambled GF
	Apple Cinnamon Oatmeal Bowl V	Caramelized Onion & Bacon Tarts	Buttermilk Pancakes	Smoked Meat Breakfast Hash	Kimchi & Pork Dumplings	Crispy Bacon GF	*RWA Pork Sausage Links GF
	Escaloped Apples V	Sautéed Mushrooms V GF	Stuffed Potato Skins	Eggs: Scrambled & Fried to Order GF	Chicken & Vegetable Dumpling	French Toast	Pancakes
	Loaded Breakfast Bowl	Eggs: Scrambled GF	Eggs: Scrambled & Hard Boiled GF	Hash Brown Potatoes	Eggs: Scrambled & Poached GF	Hash Brown Potatoes	Hash Brown Potatoes
	Texas French Toast	Cheese Omelets GF	Hash Brown Potatoes	Turkey Bacon GF	Baby Potato Pancakes		
	Eggs: Scrambled & Fried to Order GF	Crispy Bacon GF	Crispy Bacon GF	Peameal Bacon GF	Crispy Bacon GF		
	Diced Savory Potatoes	Turkey Sausage Links GF	*RWA Pork Sausage Links GF	Breakfast Burritos	*RWA Pork Sausage Patty		
	Crispy Bacon, RWA* Sausage Patty	BLT Multi-Grain Croissant	Bacon & Egg Breakfast Muffin	(Meat & Meatless)	Mornin' Breakfast Wrap		
	Breakfast Burger		Meatless Breakfast Muffin		Meatless Mornin' Breakfast Wrap		
Meatless Breakfast Burger							
LUNCH	Interactive Flatbread	Chef's Choice Interactive	Interactive Burger Bar	Interactive Grilled Cheese	Interactive Waffle	Smoothie Bar GF	Interactive Omelet GF
	Homestyle Beef Pot Pie	Chicken Kabob	Chicken Spanakopita Pie	Portobello Mushroom Beef Burger	Hand Battered Haddock	Eggs Scrambled GF	Eggs Scrambled GF
	Apple and Onion Sausage on a Bun	Sticky Honey Garlic Pork Rib Bites	Firecracker Calamari Bites	Italian Sausage and Fennel Bake	BLT Pasta	Crispy Bacon GF	Pork Sausage Links GF
	Black Eyed Peas with Kale V GF	Vegetable Pad Thai V GF	Sweet Peppers Stuffed w Orzo, Lemon & Kale	Bean and Sweet Potato Ragout V GF	Spring Roll	French Toast	Pancakes
	Honey Roasted Butternut Squash w Cranberries and Feta GF	Spring Roll	Mediterranean Goat Cheese Tart	Kernel Corn V GF	Wok Fried Vegetables with Tofu V GF	Veggie Fingers V	Chorizo Skillet
	Petite Peas V GF	Jasmine Rice V GF	Chickpea and Spinach V GF	Mashed Potato GF	Brown Sugar Glazed Baby Carrots V GF	Chicken Fingers	Metzger's Locally Produced Bacon Burger
	Wild Rice Medley V	Snow Peas and Carrots V GF	Sautéed Zucchini V GF	French Fries	White Rice V GF	Wholesome Vegetable Shepherds Pie	Malibu Vegetable Burger V
	Homemade Stuffing	Steamed Broccoli and Tofu V GF	French Fries	Gravy	Tempura Green Beans	Wholegrain Rice V	Baked Beans
	Mashed Potatoes GF and Gravy		Falafel Souvlaki Bowl			French Fries	Sautéed Mushrooms V GF
Thankful Turkey Bowl	Wicked Thai Chicken and Shrimp	Chicken Souvlaki Bowl	Popcorn Chicken Bowl	Thai Red Curry Beef GF	Sweet and Sour Meatballs	Chicken Chow Mein	
Pasta Bar V GF	Chef's Choice Interactive	Steam Bun Bar	Stir-Fry Bar V GF			Carvery Roasted Chicken GF	
Bulgogi Beef Ribs GF	Roasted Ham with Cider Glaze GF	Showtime Sushi V GF Sticky Asian Drumsticks GF	Roasted Lemon Rosemary Porkloin GF	Roasted Chicken Breast w Oven Roasted Vegetable Marinara Sauce GF	Chicken Parmesan	Pork Schnitzel	
Korean Fried Chicken	Salmon with Lemon Dill Sauce GF	Coconut Shrimp	Penne al Forno	Sicilian Sole GF	Pasta with Meat or Alfredo	Mushroom Ravioli w Onion Mushroom Sauce Balsamic Grilled Portobello Mushrooms V GF	
Sautéed Haddock GF	Chicken and Broccoli Pasta Bake	Grilled Striploin Steak GF	Tilapia w Cherry Tomatoes and Leeks GF	Italian Sausage Ravioli	Fennel Crusted Pork Chop GF	Grilled Salmon Filet GF	
Kimchi and Pork Dumplings	Four Bean Stew V GF	Singapore Noodles V GF	Tuscan Beans w Rosemary GF	7 Vegetable Cous Cous V	Grilled Tofu w Bruschetta V GF	Beet Wellington	
Soy Chicken Stir-Fry V	Whole Grain Rice V GF	Grilled Tofu Steak w Sweet Chili Sauce and Onion Straws V GF	Roasted Potato Wedges V GF	Mediterranean Style Tofu V GF	Tomato Basil Tart	Red Skin Mash Potatoes GF	
Basmati Rice V GF	Scalloped Potatoes	Egg Rolls	Roasted Carrots w Fennel and Mint V GF	Mozza Sticks	Mediterranean Vegetable Toss V GF	Green Beans V GF	
Steamed Potatoes with Fine Herbs V GF	Cabbage and Caraway Sauté V GF	Five Treasure Rice V	Broccoli V GF	Cauliflower V GF	Twice Baked Potato GF	Carrots V GF	
Sautéed Bok Choy V GF	Mashed Butternut Squash V GF	Sautéed Button Mushrooms V GF	Garlic Bread w Cheese	Roasted Baby Yukon Gold's V GF	Cheddar and Chive Garlic Biscuit		
Roasted Green Beans w Mushrooms V GF		Steamed Green Beans V GF					
After Eight Dining	*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 of hearty entrees, signature pizzas, authentic Mexican burritos and more!					Exams End		

<h2>MENU SUMMARY</h2>	GF - GLUTEN-FREE	V - VEGAN	*RWA - Raised WITHOUT Antibiotics	Meatless 54%	Seafood 9%	Cycle 3 Menu Schedule 2017 January 30 - February 5 March 13 - 19 April 24 - 30
				Poultry 17%	Beef 10%	
				Pork 10%		