

# MENU CYCLE 3

2017

March 13th-19th

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

<b>MENU SUMMARY</b>	<b>GF - GLUTEN-FREE</b>	<b>V - VEGAN</b>	<b>*RWA - Raised WITHOUT Antibiotics</b>	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%			