

# MENU CYCLE 6

2017

February 20th-26th Reading Week

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b> <small>Egg Whites Available upon Request Daily</small>	Thai Coconut Congee	Apple Crisp	Fruity Sunrise Porridge <b>V</b>	Steel Cut Oats <b>V</b>	Mushroom & Vegetable Congee <b>V GF</b>	Scrambled Eggs <b>GF</b>	Scrambled Eggs <b>GF</b>
	Loaded Breakfast Bowl	Bacon, Egg & Cheddar Danish	Sautéed Mushrooms <b>V GF</b>	Stuffed Potato Skins	Smoked Meat Breakfast Hash	Crispy Bacon <b>GF</b>	*RWA Pork Sausage Links <b>GF</b>
	Eggs: Scrambled & Fried to Order <b>GF</b>	Texas French Toast	Eggs: Scrambled <b>GF</b>	Eggs: Scrambled & Fried to Order <b>GF</b>	Eggs: Scrambled & Fried to Order <b>GF</b>	Belgian Waffles	Pancakes
	Potato Pom Poms	Eggs: Scrambled & Hard Boiled <b>GF</b>	Western Omelet <b>GF</b>	Hash Brown Potatoes	Hash Brown Potatoes	Hash Brown Potatoes	Hash Brown Potatoes
	Crispy Bacon <b>GF</b>	Hash Brown Potatoes	Hash Brown Potatoes	Crispy Bacon <b>GF</b>	Crispy Bacon <b>GF</b>		
	Turkey Peameal Bacon <b>GF</b>	Crispy Bacon <b>GF</b>	Crispy Bacon <b>GF</b>	Turkey Bacon <b>GF</b>	Turkey Sausage Links		
	Turkey peameal Breakfast Croissant	*RWA Pork Sausage Links <b>GF</b>	*RWA Pork Sausage Patty	Ham & Swiss Breakfast Panini	Breakfast Burritos		
	Meatless Breakfast Croissant	Breakfast Burger	Sausage & Egg Breakfast Muffin	Mediterranean Egg White Panini	(Meat & Meatless)		
	Meatless Breakfast Burger	Meatless Breakfast Muffin					
<b>LUNCH</b>	Interactive Souvlaki and Falafel <b>V</b>	Interactive Caesar Salad <b>GF V</b>	Interactive Sausage	Interactive Grilled Cheese	Smoothie Bar <b>GF</b>	Interactive Savory Waffle	Interactive Pancake
	Sticky Honey Garlic Pork Rib Bites	Penne al Forno	Four Cheese Tortellini Bake	Mac n Cheese Tortilla Roll	Hand Battered Haddock	Eggs Scrambled <b>GF</b>	Eggs Scrambled <b>GF</b>
	Thai Baked Sweet Potato	Eggplant Caprese Pizza <b>GF</b>	Butter Chicken Poutine	Steak Tenderloin Sandwich	Chicken Pad Thai	Crispy Bacon <b>GF</b>	Pork Sausage Links <b>GF</b>
	Pollock Bites w Bangkok Coconut Curry Sauce	Meatball Snack Sub	Samosa	Veg Enchilada with Red Enchilada Sauce	Portobello and Beef Burger	Western Skillet	Roast Beef on a Bun
	Noodle Sauté w Carrots and Onions	Italian Quinoa w Tofu <b>V GF</b>	Roadside Curried Chickpeas <b>V GF</b>		Chicken and Vegetable Dumpling	Chicken Pot Pie	Cheese Shells
		Potato Wedges	Indian Fried Cabbage <b>V GF</b>	Southern Succotash <b>V GF</b>	Sweet Ginger Tofu with Pak Choi <b>V GF</b>	Cheese Tortellini w Sundried & Fresh Tomato Salsa	Ancient Grains <b>V</b>
	Fries	Tuscan Beans w Rosemary <b>GF</b>	Basmati Rice <b>V GF</b>	Mexican Rice <b>V</b>	Chinese Style Kale Sauté <b>GF</b>	Potato Wedges	Roasted Red Peppers w Tomatoes <b>V GF</b>
	Snow Peas w Carrots <b>V GF</b>	Broccoli <b>V GF</b>	Warm Naan Bread	Sweet Potato Fries	Miso Roasted Cauliflower <b>V GF</b>	Brussel Sprout and Bacon Sauté <b>GF</b>	Sautéed Haystack Carrots <b>V GF</b>
	Tempura Green Beans	Rice <b>V GF</b>	Indian Spiced Cauliflower <b>V GF</b>	Dr Pepper Baked Beans <b>GF V</b>	Jasmine Rice <b>V GF</b>	White Rice <b>V GF</b>	
	Coconut Rice <b>V GF</b>			Corn Niblets <b>V GF</b>		Meatless Bean Goulash <b>V</b>	
	Bangkok Coconut Curry Chicken	Sweet and Sour Pork	Butter Chicken <b>GF</b>	BBQ Pulled Turkey Rice Bowl	Ginger Beef	Dynamite Chicken	Orange Ginger Chicken
	Pasta Bar <b>V GF</b>	Fajita Bar	Interactive Salad Bar <b>V GF</b>	Stir-Fry Bar <b>GF</b>			Carvery Ham <b>GF</b>
Grilled Striploin Steak <b>GF</b>		Chicken Cordon Bleu <b>GF</b>	Chicken Parmesan	Grilled Steak w Chimichurri Sauce <b>GF</b>	Oven Fried Chicken	Rosemary Roasted Chicken Breast <b>GF</b>	
Grilled Chicken Breast w Creole Sauce <b>GF</b>	Grilled Chicken Thighs w Thai Green Curry Sauce <b>GF</b>	Showtime Sushi <b>V GF</b>	Sicilian Sole <b>GF</b>	Arros con Polo <b>GF</b>	Mediterranean Vegetable Lasagna <b>GF</b>	Florentine Meatloaf	
Shrimp and Scallop Skewer w Creole Sauce <b>GF</b>	Oven Roasted Cod <b>GF</b>	Roasted Salmon <b>GF</b>		Quinoa Stuffed Peppers <b>V GF</b>	Herb Crusted Pork Chops <b>GF</b>	Four Bean Stew <b>V GF</b>	
Creole Vegetable Jambalaya <b>V GF</b>	Vegetable Pad Thai <b>V GF</b>	Showtime Sushi <b>V GF</b>	Pasta w Tomato or Alfredo	BBQ Baby Back Ribs <b>GF</b>		Roasted Mushroom Ravioli w Sautéed Mushroom and Onion Sauce	
Onion Rings	Grilled Thai Style Tofu <b>GF</b>	Eggs Benny	Crispy Tofu w Broccoli Pesto Sauce	Beef Barbacoa Empanada	Squash and Barley Risotto <b>V</b>	Scalloped Potatoes	
Fire Roasted Corn w Sweet Peppers <b>V GF</b>	Potstickers	Mushroom and Caramelized Onion Tartatin	Salt n Pepper Wedges	Roasted Sweet Potatoes <b>V GF</b>	Garlic Mashed Red Skins <b>V GF</b>	Honey Roasted Butternut Squash w Cranberries & Feta <b>GF</b>	
French Onion Mashed Potato <b>GF</b>	Coconut Rice <b>V GF</b>	Ratatouille Tofu <b>V GF</b>	Summer Squash Sauté <b>V GF</b>	Fire Roasted Corn w Sweet Peppers <b>V GF</b>	Green Beans <b>V GF</b>	Ranch Baby Carrots <b>V GF</b>	
Baton Rouge Vegetable <b>V GF</b>	Gai lan <b>V GF</b>	Dauphenoise Potato <b>GF</b>	Grilled Portobello Mushrooms <b>V GF</b>	Roasted Baby Red Skin Potatoes <b>V GF</b>	Zucchini & Tomato w Roasted Garlic <b>GF</b>		
	Roasted Sweet Potato <b>V GF</b>	Asparagus <b>V GF</b>	Garlic Bread		Bruschetta		
		Roasted Carrots & Red Onions with Fennel and Mint <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*	
<i>Join us After Eight PM for a selection of hearty entrees, signature pizzas, authentic Mexican burritos and more!</i>							
	Reading Week	Reading Week	Reading Week	Reading Week	Reading Week		

## MENU SUMMARY

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

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

Cycle 6 Menu Schedule 2017

January 9 - 15

February 120 - 26

April 3 - 9