

MENU CYCLE 1

2017

November 6 - 12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Egg Whites Available upon Request Daily	Steel Cut Oats V	Chicken Chow Mein Congee	Hot Quinoa & Oat Cereal V	Baked Beans GF	Baked Banana Oatmeal		
	Apple Cinnamon Oatmeal Bowl V	Cheese Omelets GF	Provencal Tomatoes	Belgian Waffles	Huevos Rancheros		
	Escaloped Apples V		Leek & Parmesan Danish	Eggs: Scrambled & Fried to order GF	Eggs: Scrambled & Fried to Order GF		
	Texas French Toast	Blueberry Pancakes	Eggs: Scrambled, Hard Boiled, Fried to order GF	Sweet Potato Breakfast Hash V	Hash Brown Potatoes		
	Eggs: Scrambled & Fried to Order GF	Eggs: Scrambled & Fried to Order GF	Turkey Bacon GF	Grilled Peameal Bacon GF	Crispy Bacon GF		
	Hash Brown Potatoes	Hash Brown Potatoes	*RWA Pork Sausage Links GF	*RWA Pork Sausage Links GF	Turkey Sausage Links GF		
	Crispy Bacon GF	Crispy Bacon GF	Hash Brown Potatoes	Fire Roasted Cornbread Biscuits	Southwest Vegetable Toss V GF		
	Sausage Patty	Turkey Sausage Links GF	Egg, Ham & Cheese Crepes	Bacon & Egg Muffin	Open Faced Avocado Toasts (Meat & Meatless)		
Sausage & Egg Muffin	BLT Multi-Grain Croissant		Meatless Egg Muffin				
Meatless Egg Muffin						Fall Preview	
LUNCH	Interactive Caesar Salad GF	Interactive Fajita	Interactive Flatbreads	Interactive Muffeleta and Grilled Italian Meat Sandwiches	Interactive Waffle	Smoothie Bar GF	Interactive Omelet GF
	Portobello Provolone Panini	Mexican Mac and Cheese	Middle Eastern Inspired Beef & Mushroom Meatballs	Chicken BLT Pasta Bake	Hand Battered Haddock	Eggs Scrambled GF	Eggs Scrambled GF
	Chickpeas and Spinach V GF	Southwest Beans V GF	Four Cheese Tortellini Bake	Sticky Honey Garlic Pork Rib Bites	Bangkok BBQ Chicken Skewer GF	Crispy Bacon GF	Pork Sausage Links GF
	Sundried Tomato and Basil Sausage GF	Fire Roasted Cornbread Biscuit	Spinach Artichoke Dip and Pita	Eggplant Caprese Pizza V GF	Pad Thai V GF	French Toast	Western Skillet
	Penne w Red Peppers, Artichoke and Goat Cheese	Corn Niblets V GF	Saffron Rice V GF	Wholesome Vegetable Shepherds Pie	Spring Roll	Malibu Vegetable Burger V	Pancakes
	Roasted Mediterranean Vegetables V GF	Mexican Summer Squash V GF	Tomato Basil Tart	Fresh Baby Carrots V GF	Rice V GF	Leek, Mushroom and Cheese Frittata GF	Chicken Fingers
	Fresh Steamed Broccoli V GF	Mexican Rice V	French Fries	Corn Niblets V GF	French Fries	Farmer's Sausage Burger	Veggie Fingers V
	French Fries	Sweet Potato Fries	Fresh Market Vegetable GF V	Mashed Potato GF	Green Beans with Tofu V GF	Baked Beans V GF	Egg Rolls
	White Rice V GF	Black Bean and Rice Burrito V	Middle East Feast Fries	Gravy	Roasted Cubed Sweet Potatoes V GF	Sauteed Swiss Chard V GF	Mushroom Edamame Fried Rice V GF
		Mexican Cheesy Fries			Hand Battered Haddock Sandwich	Fries	Snow Peas and Carrots V GF
Pork Teriyaki Sauté	Brazilian Beef Bowl GF	Chicken (or Vegan) Shawarma Bowl V GF	Popcorn Chicken Bowl	Wicked Thai Chicken and Shrimp	Chicken Chow Mein	Beef Shanghai Noodles	
Pasta Bar V GF	Chef's Choice Interactive	Interactive Burger Bar V	Stir-Fry Bar V GF			Salmon Carvery GF	
DINNER	Moroccan Chicken Leg GF	Asian Style Beef Short Ribs GF	Showtime Sushi V GF BBQ Baby Back Ribs GF	Beef Vidalloo GF	BBQ Pulled Pork Burrito	Chicken Parmesan	Pork Chops w Roasted Mushroom and Onion Sauce
	Braised Lamb Shank GF	Sweet Chili Chicken Breast GF	BBQ Chicken Wings	Chicken Drumsticks GF	Chipotle BBQ Braised Beef Ribs GF	Pasta with Alfredo or Tomato Sauce V	Roasted Mushroom Ravioli w Sautéed Mushroom and Onion Sauce
	Sautéed Haddock GF	Sweet Potato Noodle Stir Fry	Italian Sausage and Fennel Bake	Tandoori Basa GF	Roasted Chicken Breast Adobo GF	Grilled Tofu with Bruschetta V GF	Chickpeas and Spinach V GF
	Moroccan Lentil Stew V	Kimchi Fried Rice GF	Quinoa Stuffed Peppers V	Navy Bean Curry with Kale V GF	Bean and Sweet Potato Ragout V GF	Firecracker Calamari Bites	Braised Beef Shepard's Pie GF
	Vegetable Cous Cous Pilaf V	Sticky Spicy Tofu V GF	Mushroom Caprese GF	Saag and Paneer GF	Bloomin Baked Potato GF	Herb Roasted Potatoes V GF	Onion Rings
	Mediterranean Style Potato V GF	Kimchi and Pork Dumplings	Twice Baked Potato GF	Bombay Potato V GF	Skillet Chili Lime Corn V GF	Sautéed Button Mushrooms V GF	Roasted Golden Beets V GF
	Roasted Butternut Squash w Zataar & Parsley V GF	Garlic Mashed Red Skins GF	Green Beans V GF	Samosa	Mexican Rice	Mediterranean Vegetable Toss V GF	Wild Rice Medley V
	Radish and Snap Pea Saute V GF	Baby Bok Choy V GF	Roasted Squash Wedges V GF	Basmati Rice V GF		Garlic Bread	Mashed Yukon Golds GF
		Tri Colored Baby Carrot Medley V GF		Roasted Cauliflower V GF			
	<i>*After Eight Dining*</i>	<i>*After Eight Dining*</i>	<i>*After Eight Dining*</i>	<i>*After Eight Dining*</i>	<i>*After Eight Dining*</i>	<i>*After Eight Dining*</i>	<i>*After Eight Dining*</i>
Chef's Daily Entrée Feature...	Chef's Daily Entrée Feature...	Chef's Daily Entrée Feature...	Chef's Daily Entrée Feature...	Chef's Daily Entrée Feature...	Chef's Daily Entrée Feature...	Chef's Daily Entrée Feature...	
Appetizers & Side Dishes	Appetizers & Side Dishes	Appetizers & Side Dishes	Appetizers & Side Dishes	Appetizers & Side Dishes	Appetizers & Side Dishes	Appetizers & Side Dishes	
Signature Hot Sandwich	Signature Hot Sandwich	Signature Hot Sandwich	Signature Hot Sandwich	Signature Hot Sandwich	Signature Hot Sandwich	Signature Hot Sandwich	
Daily Pizza & Flatbread Feature	Daily Pizza & Flatbread Feature	Daily Pizza & Flatbread Feature	Daily Pizza & Flatbread Feature	Daily Pizza & Flatbread Feature	Daily Pizza & Flatbread Feature	Daily Pizza & Flatbread Feature	
Apple Week	Apple Week	Apple Week	Apple Week	Apple Week	Apple Week		

MENU SUMMARY

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

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

Cycle 1 Menu Schedule 2017
 September 25 - October 1
 November 6 - 12
 December 18 - 24