

MENU CYCLE 2

2017

October 2 - 8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST <small>Egg Whites Available upon Request Daily</small>	Steel Cut Oats V		Steel Cut Oats V	Chicken Congee GF	Fruity Sunrise Porridge V		
	Sauteed Mushrooms GF	Apple Crisp	Sweet Potato Maple Oatmeal Bowl V	Southwest Vegetable Toss V GF	Spinach & Feta Danish		
	Eggs: Scrambled, Fried to order GF	Carrot Cake Pancakes	Maple Roasted Sweet Potatoes V GF	Chorizo Skillet	Grilled Roma Tomatoes V GF		
	Ham & Cheese Omelets	Eggs: Scrambled & Fried to Order GF	Baked Beans V GF	Eggs: Scrambled & Fried to Order GF	Eggs: Scrambled, Fried to order GF		
	Diced Harvest Pride Potatoes	Baby Potato Pancakes	Eggs: Scrambled, Hard Boiled, Fried to order GF	Hash Brown Potatoes	Greek Omelets GF		
	Turkey Peameal Bacon GF	Crispy Bacon GF	Hash Brown Potatoes	Crispy Bacon GF	Hash Brown Potatoes		
	Pork Sausage Patty	*RWA Pork Sausage Links GF	*RWA Pork Sausage Links GF	Turkey Sausage Links GF	Peameal Bacon GF		
	Meatless Breakfast Croissant	Mornin' Breakfast Wrap	Turkey Bacon GF	Breakfast Tacos (Meat & Meatless)	Turkey Bacon GF		
Turkey Peameal Breakfast Croissant	Meatless Mornin' Breakfast Wrap	Monte Cristo Sandwich		Mediterranean Egg White Panini			
		Meatless Monte Cristo Sandwich		Ham & Swiss Breakfast Panini			
LUNCH	Interactive Souvlaki and Falafel	Interactive Sausage	Interactive Caesar Salad GF V	Interactive Grilled Cheese	Smoothie Bar GF	Interactive Waffle	Interactive Omelet GF
	Cod w Black Pepper and Broiled Lemons GF	Crispy Pollock Bites	Eggplant Mozza Melt	Carnita with Red Enchilada Sauce	Hand Battered Haddock	Eggs Scrambled GF	Eggs: Scrambled GF
	Chicken Broccoli Pasta Bake	Roadside Curried Chickpeas V GF	Pasta w Tomato V or Alfredo	Mac n Cheese	Beef Burger	Crispy Bacon GF	RWA Pork Sausage Links GF
	Spinach Feta Twister	Butter Chicken Poutine	Meatballs	Black Bean Simmer V	Grilled Portobello V GF	Chicken Alfredo Pasta Bake	Fluffy Pancakes
	Moroccan Lentil Stew V	Samosa	Sundried Tomato and Basil Sausage GF	Stuffed Jalapenos	Buffalo Chicken Pasta	Beef or Vegetable Taco	Philly Cheese Steak Sandwich
	French Fries	Jasmine Rice V GF	Mediterranean Vegetable Tart	Mexican Rice V	Whole Baked Sweet Potato with Chili	Quinoa and Kale Quiche	Quinoa Stuffed Peppers V
	Carrots w Fresh Dill V GF	Warm Naan Bread	Chicken Parmesan Sub	Roasted Sweet Potato V GF	Chili Fries	Grilled Vegetables w Tofu V GF	Philly Cheese Fries
	Sautéed Zucchini V GF	Fresh Market Vegetables V GF	Potato Wedges	Sonara Vegetable Quinoa V		Steamed White Rice V GF	Broccoli V GF
	White Rice V GF	Fries and Gravy	Zucchini and Corn Sauté V GF	Corn Niblets V GF		French Fries	White Rice V GF
			Cheddar and Chive Garlic Biscuit				
Ginger Beef	Butter Chicken GF	Chicken Parmesan Bowl	BBQ Pulled Turkey Rice Bowl	Tortilla Chili Bowl	Sweet Chili Chicken GF	Dynamite Chicken	
Pasta Bar V GF	International Chicken Sandwich Bar	Thanksgiving Dinner	Stir Fry Bar V GF			Roast Beef Carvery GF	
Vietnamese Lemon Grass Chicken GF	Pesto Crusted Salmon GF	Roasted Turkey Breast & Gravy	Fried Chicken	Garlic Hunan Beef GF	Florentine Meatloaf	Roasted Chicken Breast w Sundried and Tomato Salsa GF	
Tilapia with Turmeric and Dill GF	Mediterranean Vegetable Lasagna GF	Lemon Butter Sole	Meat Lasagna	Kung Poa Chicken Legs GF	Butternut Squash Ravioli with Butter, Sage and Goat Cheese	Broiled Salmon w Sundried & Tomato Salsa GF	
Vietnamese Meatballs	Chicken Breast with Oven-Roasted	Honey Glazed Ham	Polenta Crusted Trout GF	Kung Poa Cauliflower V GF	Comforting Cracker Crusted Cod	Meatless Bean Goulash V	
Sticky Spicy Tofu V GF	Marinara Sauce GF	Orrichetti with Butternut, Red Kale & Herbs	Mozaa Sticks w Marinara Sauce	Sweet Ginger Tofu w Pak Choi V GF	Smoked Meat on a Bun	Cheese Tortellini w Fresh Salsa Sauce	
Spring Roll	Green Beans with Tofu V GF	Cheddar and Sweet Corn Pie		Chicken and Vegetable Dumpling	Navy Bean Curry with Kale V GF	Glazed Carrots V GF	
Glass Noodles Japchae GF	N'kd Baked Potato or Dressed GF	Wild Rice with Cranberries	Tuscan Beans with Rosemary GF	Jasmine Rice V GF	Maple Glazed Carrots and Parsnip V GF	Yorkshire Pudding	
Buddha Delight Stir-fried Veg V GF	Broccoli V GF	Garlic Mash Potato	Steamed Potatoes with Fine Herbs GF		Pulled Smoked Meat Poutine	Sautéed Brussel Sprouts with Bacon GF	
Baby Carrots V GF	Cheddar Cheese Sauce	Candied Yams	Blistered Green Beans w Tomato Pesto GF	Fresh Market Vegetables V GF	Cauliflower Goat Cheese Stuffed Portobello GF	Mash Potatoes w Gravy	
		Stuffing	Garlic Bread	Tempura Shrimp	Fries	Wholegrain Rice V GF	
		Petit Paris Apple and Pumpkin Pie					
After Eight Dining	*After Eight Dining*	*After Eight Dining*	*After Eight Dining*	*After Eight Dining*	*After Eight Dining*	*After Eight Dining*	
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	

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
 October 2 - 8
 November 13 - 19