

MENU CYCLE 3

2017

November 20 - 26

	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		
	Apple Cinnamon Oatmeal Bowl V	Caramelized Onion & Bacon Tarts	Buttermilk Pancakes	French Toast	Kimchi & Pork Dumplings		
	Escaloped Apples V	Sautéed Mushrooms V GF	Stuffed Potato Skins	Eggs: Scrambled & Fried to Order GF	Chicken & Vegetable Dumpling		
	Texas French Toast	Eggs: Scrambled & Fried to Order GF	Eggs: Scrambled & Hard Boiled GF	Hash Brown Potatoes	Eggs: Scrambled & Fried to Order GF		
	Eggs: Scrambled & Fried to Order GF	Cheese Omelets GF	Hash Brown Potatoes	Turkey Bacon GF	Baby Potato Pancakes		
	Diced Savory Potatoes	Crispy Bacon GF	Crispy Bacon GF	Peameal Bacon GF	Crispy Bacon GF		
	Crispy Bacon, Sausage Patty	Turkey Sausage Links GF	*RWA Pork Sausage Links GF	Breakfast Burritos	Pork Sausage Patty		
	Breakfast Burger	BLT Multi-Grain Croissant	Bacon & Egg Breakfast Muffin	(Meat & Meatless)	Mornin' Breakfast Wrap		
	Meatless Breakfast Burger		Meatless Breakfast Muffin		Meatless Mornin' Breakfast Wrap		
LUNCH	Interactive Flatbread	Chef's Choice Interactive	Interactive Burger Bar V	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	* RWA Pork Sausage Links GF	Crispy Bacon 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	Beef 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	French Fries	Wholegrain Rice V	Baked Beans V GF
	Mashed Potatoes GF and Gravy		Falafel Souvlaki Bowl		French Fries	French Fries	Sautéed Mushrooms V GF
DINNER	Thankful Turkey Bowl	Wicked Thai Chicken and Shrimp	Chicken Souvlaki Bowl	Popcorn Chicken Bowl	Thai Red Curry Beef GF	Fresh Market Vegetables V GF	French Fries
	Pasta Bar V GF	Chef's Choice Interactive	Pho Bar	Stir-Fry Bar V GF	Sweet and Sour Meatballs	Sautéed Mushrooms V GF	French Fries
	Bulgogi Beef Ribs GF	Roasted Ham with Cider Glaze GF	Showtime Sushi V GF	Roasted Lemon Rosemary Porkloin GF	Chicken Parmesan	Chicken Chow Mein	Cavory Roasted Chicken GF
	Korean Fried Chicken	Salmon with Lemon Dill Sauce GF	Sticky Asian Drumsticks GF	Roasted Chicken Breast w Oven Roasted Vegetable Marinara Sauce GF	Pork Schnitzel		
	Sautéed Haddock GF	Chicken and Broccoli Pasta Bake	Coconut Shrimp	Sicilian Sole GF	Pasta with Meat or Alfredo	Mushroom Ravioli	
	Kimchi and Pork Dumplings	Four Bean Stew V GF	Grilled Striploin Steak GF	Italian Sausage Ravioli	Fennel Crusted Porkloin GF	Onion Mushroom Sauce	
	Soy Chicken Stirfry V	Whole Grain Rice V GF	Tilapia w Cherry Tomatoes and Leeks GF	Roasted Chicken Breast w Oven Roasted Vegetable Marinara Sauce GF	Pasta with Meat or Alfredo	Mushroom Ravioli	
	Basmati Rice V GF	Scalloped Potatoes	Singapore Noodles	Roasted Chicken Breast w Oven Roasted Vegetable Marinara Sauce GF	Fennel Crusted Porkloin GF	Onion Mushroom Sauce	
	Steamed Potatoes with Fine Herbs V GF	Cabbage and Caraway Sauté V GF	Grilled Tofu Steak w Sweet Chili Sauce and Onion Straws V GF	Tuscan Beans w Rosemary GF	7 Vegetable Cous Cous V	Grilled Tofu w Bruschetta V GF	Grilled Salmon GF
	Sautéed Bok Choy V GF	Mashed Butternut Squash V GF	Egg Rolls	Roasted Potato Wedges V GF	Mediterranean Style Tofu V GF	Tomato Basil Tart	Cremini Mushroom Wellington V
	Roasted Green Beans w Mushrooms V GF	Fresh Market Vegetable V GF	Five Treasure Rice V	Roasted Carrots w Fennel and Mint V GF	Mozza Sticks	Mediterranean Vegetable Toss V GF	Red Skin Mash Potatoes GF
	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%	Cycle 3 Menu Schedule 2017 October 9 - 15 November 20 - 26
				Poultry	17%	Beef	10%	
				Pork	10%			