

MENU CYCLE 3

2017

October 9 - 15

| | 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 (Meat & Meatless) | Pork Sausage Patty | | |
| | Breakfast Burger | BLT Multi-Grain Croissant | Bacon & Egg Breakfast Muffin | | 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 | Sweet and Sour Meatballs | Chicken Chow Mein |
| | Korean Fried Chicken | Salmon with Lemon Dill Sauce GF | Sticky Asian Drumsticks GF | Roasted Chicken Breast w Oven Roasted Vegetable Marinara Sauce GF | Chicken Parmesan | Cavery Roasted Chicken GF | Cavery Roasted Chicken GF |
| | Sautéed Haddock GF | Salmon with Lemon Dill Sauce GF | Coconut Shrimp | Roasted Chicken Breast w Oven Roasted Vegetable Marinara Sauce GF | Chicken Parmesan | Pork Schnitzel | Pork Schnitzel |
| | Kimchi and Pork Dumplings | Chicken and Broccoli Pasta Bake | Grilled Striploin Steak GF | Penne al Forno | Pasta with Meat or Alfredo | Mushroom Ravioli | Mushroom Ravioli |
| | Soy Chicken Stirfry V | Four Bean Stew V GF | Tilapia w Cherry Tomatoes and Leeks GF | Sicilian Sole GF | Pasta with Meat or Alfredo | Mushroom Ravioli | Mushroom Ravioli |
| | Basmati Rice V GF | Whole Grain Rice V GF | Singapore Noodles | Italian Sausage Ravioli | Fennel Crusted Porkloin GF | Onion Mushroom Sauce | Onion Mushroom Sauce |
| | Steamed Potatoes with Fine Herbs V GF | Grilled Tofu Steak w Sweet Chili Sauce and Onion Straws V GF | Grilled Tofu Steak w Sweet Chili Sauce and Onion Straws V GF | 7 Vegetable Cous Cous V | Grilled Tofu w Bruschetta V GF | Grilled Salmon GF | Grilled Salmon GF |
| | Sautéed Bok Choy V GF | Scalloped Potatoes | Egg Rolls | Mediterranean Style Tofu V GF | Tomato Basil Tart | Cremini Mushroom Wellington V | Cremini Mushroom Wellington V |
| | Roasted Green Beans w Mushrooms V GF | Cabbage and Caraway Sauté V GF | Five Treasure Rice V | Roasted Carrots w Fennel and Mint V GF | Mediterranean Vegetable Toss V GF | Red Skin Mash Potatoes GF | Red Skin Mash Potatoes GF |
| | *After Eight Dining* | Cabbaged and Caraway Sauté V GF | Sautéed Button Mushrooms V GF | Broccoli V GF | Twice Baked Potato GF | Green Beans V GF | Green Beans V GF |
| | Chef's Daily Entrée Feature... | Mashed Butternut Squash V GF | Sautéed Button Mushrooms V GF | Garlic Bread w Cheese | Cheddar and Chive Garlic Biscuit | Carrots V GF | Carrots V GF |
| Appetizers & Side Dishes | Fresh Market Vegetable V GF | Fresh Market Vegetable V GF | | | | | |
| Signature Hot Sandwich | | | | | | | |
| Daily Pizza & Flatbread Feature | | | | | | | |

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| 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% | | | |
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