MENU CYCLE 5

2017

December 4 - 10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Egg Whites Available upon Request Daily	Steel Cut Oats V	Chicken Congee GF	French Toast	Steel Cut Oats V	Blueberry Breakfast Bake		
	Leek & Parmesan Danish	Chocolate Chip Pancakes	Spinach & Cheese Burekas	Sweet Potato Breakfast Hash	Vegetable Frittata GF		
	Provencal Tomatoes	Eggs: Scrambled & Fried to Order GF	Eggs: Scrambled G F	Eggs: Scrambled & Fried to Order GF	Eggs: Scrambled & Fried to Order GF		
	Eggs: Scrambled & Fried to Order GF	Hard Boiled GF	Cheese Omelets GF	Crispy Bacon GF	Baby Potato Pancakes		
	Hash Brown Potatoes	Baked Beans V GF	Hash Brown Potatoes	*RWA Pork Sausage Links GF	Crispy Bacon GF		
	Crispy Bacon GF	Hash Brown Potatoes	Pork Sausage Patty	Monte Cristo Sandwich	Turkey Sausage Links GF		
	Turkey Sausage Links GF	Crispy Bacon GF	Turkey Bacon GF	Meatless Monte Cristo Sandwich	Mornin' Breakfast Wrap		
	Bacon & Egg Breakfast Muffin	*RWA Pork Sausage Links GF	Sausage & Egg Breakfast Muffin		Meatless Mornin' Breakfast Wrap		
	Meatless Breakfast Muffin	BLT Multi-Grain Croissant	Meatless Breakfast Muffin				
LUNCH	Interactive Chicken Sandwich	Interactive Meatball Sub and Garlic Bread	Interactive Flatbread	Interactive Grilled Cheese	Smoothie Bar GF	Interactive Waffle	Interactive Omelet GF
	Piri Piri Chicken GF	Chicken Fingers	Siracha Honey Chicken Drumsticks GF	Teriyaki Meatballs	Beef Burger	Eggs Scrambled GF	Eggs Scrambled GF
	Black Bean Simmer V	Spaghetti with Tomato Sauce V	Eggroll in a Lettuce Wrap GF	Lentil and Carrots w Miso V GF	Malibu Vegetable Burger V	Crispy Bacon GF	Peameal Bacon GF
	Sonara Vegetable Quinoa	Meatballs	Black Chickpeas and Ginger V GF	Kimchi and Pork Dumpling	Hand Battered Haddock	Tiramisu Pancakes	French Toast
	Sweet Potato Fries	Leek, Mushroom and Cheese Frittata	Pot Sticker	Sweet Fire Veg Stir-Fry V GF	Vegetable Pad Thai V GF	Chicken Caesar Wrap	
	Sautéed Summer Squash V GF	Sautéed Button Mushrooms V GF	Maple Ginger Squash V GF	Eggroll		Veggie Fingers V	Pulled Pork on a Bun
	Corn Niblets V GF	Green Bean Sautéed w Garlic V GF	Edamame w Garlic Butter V GF	Steamed Rice V GF	Snow Peas and Carrots V GF	Baked Tomatoes V GF	Baked Beans V GF
		Fries	Rice V GF	Mashed Potato GF	Jasmine Rice V GF	Mushroom and Brussel Sprout Hash V GF	Sautéed Zucchini V GF
				Corn Niblets V GF	Fries	Fries	Mac n Cheese
							Rice V GF
	Brazilian Beef Bowl GF	Chicken Chow Mein	Beef Shanghai Noodles	Popcorn Chicken Bowl	Wicked Thai Chicken and Shrimp	Hot and Sour Shrimp Noodle	Sweet Chili Chicken GF
DINNER	Pasta Bar V	Chef's Choice Interactive	**Christmas Dinner**	Stir-Fry Bar V GF			Carvery Turkey GF
	Brown Sugar Garlic Pork Loin GF	Pub Style Meatloaf	**Crepe Bar**	Caramelized Apple and Onion Bangers	Honey Garlic Ribs	Oven Fried Chicken	
	Hula Hula Chicken Breast GF	Turkey Schnitzel	**Prime Rib au Jus**	Corned Roast Beef GF	Meat Lasagna	Beef Kofta GF	Salmon w Lemon Dill Sauce GF
	Broiled Tilapia w Sweet Chili Pineapple Mango Salsa GF	Cod w Black Pepper and Broiled Lemons GF	**Roasted Turkey and Stuffing**	Mushroom and Caramelized Onion Tartatin	Polenta Crusted Trout GF	Lamb Chops GF	Beef Burgundy Pot Pie
		Onion Mushroom Sauce	**Mashed Potato**	Colcannon	Mushroom Caprese GF	Chickpeas and Spinach V GF	Mushroom Ravioli
	Navy Bean Curry with Kale V GF	Squash and Barley Risotto V	**Roasted Butternut Squash**	Braised Beef Shepherds Pie GF	Four Bean Stew V GF	Honey Harissa Eggplant GF	Bean and Sweet Potato Ragout V GF
	Jasmine Rice V GF	Goat Cheese Tart	**Broccoli with Cheese Sauce**	Onion Mushroom Sauce	Mediterranean Style Rice GF	Roasted Butternut Squash with Zaatar & Parsley V GF	Mashed Potato and Gravy
	Maple Jerk Veggies & Pineapple V GF	Onion Rings	**Roasted Mushroom Wellington**	Roadside Curried Chickpeas V GF	Parmesan potatoes GF	Mujadarrah Lentils and Rice V GF	Stuffing
	Sweet Potato Bakers V	Yukon Mashed Potato GF	**Assorted Pastries**	Fresh Market Vegetable V GF	Cauliflower w Lemon and Parsley V GF	Batata Harra-Spicy Potato V GF	Roasted Parsnips, Carrots and Turnip V GF
	Potatoes w Lemon Fine Herbs V GF	Golden Beets V GF	**Cakes**	Baby Carrots V GF	Zucchini and Tomato with Roasted Garlic GF	Warm Naan Bread	Sautéed Green Beans and Mushrooms V GF
	Coconut Shrimp w Sweet Chili Pineapple Mango Salsa	Broccoli V GF			Garlic Bread w Cheese		
	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 5 Menu Schedule 2017

Setember 11 - 17

October 23 - 29

December 4 - 10