**MONDAY**
- Steel Cut Oats
- Eggs: Scrambled & Fried to Order GF
- Potato Poms Poms
- Crispy Bacon GF
- Meatless Dias (or more)

**TUESDAY**
- Apple Crisp
- Egg and Butter Danish
- Texas French Toast
- Crispy Bacon GF
- Meatless Breakfast Muffin

**WEDNESDAY**
- Fruity Sunrise Porridge V
- Sautéed Mushrooms GF
- Western Omelet GF
- Turkey Bacon GF
- Meatless Breakfast Muffin

**THURSDAY**
- Steel Cut Oats V
- Buttermilk pancakes
- Hash Brown Potatoes
- Turkey Sausage Links GF
- Mediterranean Egg White Panini (GF & Meatless)

**FRIDAY**
- Mushroom & Vegetable Congee V GF
- Warm Cinnamon Rolls
- Crispy Bacon GF
- Turkey Sausage Links GF
- Breakfast Burritos

**SATURDAY**
- Porridge
- Scrambled & GF Eggs
- Poached Warm to order GF
- Scrambled & Fried to Order GF
- Ham & Swiss Breakfast Panini

**SUNDAY**
- Mushroom & Vegetable Congee V GF
- Warm Cinnamon Rolls
- Crispy Bacon GF
- Turkey Sausage Links GF
- Breakfast Burritos

---

**LUNCH**

- Interactive Souvlaki and Falafet V
- Interactive Caesar Salad GF
- Eggplant Caprese Pizza V
- Roasted Tomato Club Sandwich
- Italian Quinoa w Tofu V

- Chicken Pot Pie GF
- Roasted Red Potatoes GF
- Warm Naan Bread
- Indian Spiced Cauliflower Rice V
- BBQ Pulled Turkey Rice Bowl

- Butter Chicken GF
- Pureed Peas GF V
- Southern Succotash V GF
- Warm Potato Fries
- Ginger Beef

- Chicken Strips
- Chicken Breast w Creole Sauce GF
- Four Cheese Tortellini Bake
- Samosa
- Spicy Garlic Chicken Pesto w Red Skin Potatoes

- Mac & Cheese
- Steak Tendonion Sandwich
- Veg Enchilada w Red Enchilada Sauce
- Sweet Potato Fries
- Spicy Garlic Chicken Pesto w Red Skin Potatoes

- Bacon Cheddar Broccoli V
- Warm & Spicy Sautéed Mushrooms V
- Goat Cheese Risotto V
- Spicy Garlic Chicken Pesto w Red Skin Potatoes
- Indian Spiced Cauliflower Rice V

- Warm & Spicy Sautéed Mushrooms V
- Warm & Spicy Sautéed Mushrooms V
- Warm & Spicy Sautéed Mushrooms V
- Warm & Spicy Sautéed Mushrooms V
- Warm & Spicy Sautéed Mushrooms V

- Warm & Spicy Sautéed Mushrooms V
- Warm & Spicy Sautéed Mushrooms V
- Warm & Spicy Sautéed Mushrooms V
- Warm & Spicy Sautéed Mushrooms V
- Warm & Spicy Sautéed Mushrooms V

---

**DINNER**

- Pasta Bar GF V GF
- Fajita Bar V GF
- Meatless Dias (or more)
- Meatless Dias (or more)
- Meatless Dias (or more)

- Grilled Striploin Steak GF
- Grilled Chicken Breast w Creole Sauce GF
- Grilled Chicken Breast w Thai Green Curry Sauce GF
- Grilled Chicken Breast w Thai Green Curry Sauce GF
- Grilled Chicken Breast w Thai Green Curry Sauce GF

- Chicken Cordon Bleu V
- Penne al Forno
- Four Cheese Tortellini Bake
- Samosa
- Spicy Garlic Chicken Pesto w Red Skin Potatoes

- Chicken Cordon Bleu V
- Chicken Cordon Bleu V
- Chicken Cordon Bleu V
- Chicken Cordon Bleu V
- Chicken Cordon Bleu V

- Fried Chicken
- Hand Buttered Haddock
- Butter Chicken Poutine
- Chickn Pad Thai
- Dr Pepper Baked Beans GF V

- Chicken Strips
- Chicken Breast w Creole Sauce GF
- Four Cheese Tortellini Bake
- Crispy Tofu w Broccoli Pesto Sauce
- Salt n Pepper Wedges

- Mediterranean Vegetable Lasagna
- Mediterranean Vegetable Lasagna
- Mediterranean Vegetable Lasagna
- Mediterranean Vegetable Lasagna
- Mediterranean Vegetable Lasagna

- Quinoa Stuffed Peppers V
- Herb Crusted Pork Chops GF
- BBQ Baby Back Ribs GF
- Roasted Red Peppers w Tomatoes GF
- Squash and Barley Risotto V

- Mediterranean Vegetable Lasagna
- Mediterranean Vegetable Lasagna
- Mediterranean Vegetable Lasagna
- Mediterranean Vegetable Lasagna
- Mediterranean Vegetable Lasagna

- Garlic Mashed Red Skin V GF
- Honey Roasted Butternut Squash w Cranberries & Feta GF
- Honey Roasted Butternut Squash w Cranberries & Feta GF
- Honey Roasted Butternut Squash w Cranberries & Feta GF
- Honey Roasted Butternut Squash w Cranberries & Feta GF

---

**MENU SUMMARY**

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

- **Meatless Poultry**
  - Tofu:
  - Peanut Butter & Jelly Sandwich

- **Pork**
  - Mushroom & Onion Sauce
  - Roasted Baby Red Skin Potatoes GF

- **Seafood**
  - GF
  - Fried Shrimp

*After Eight Dining*