<table>
<thead>
<tr>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
</table>
| **Eggs: Scrambled & Fried to Order MWG**   
+ “JUST” liquid Egg MWG V | **Eggs: Scrambled & Fried to Order MWG**   
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+ “JUST” liquid Egg MWG V |
| Bacon MWG   
Turkey Sausage | Bacon MWG   
Pork Sausage | Beyond Sausage Patty MWG V | Bacon MWG   
Red Potato Home Fries V | Bacon MWG   
Ham Sliced Raisinbasas | Bacon MWG   
Ham |
| Chorizo Crumble MWG V | Pork sausage Links | Beyond Sausage Patty MWG V | Beyond Sausage Patty MWG V | Beyond Sausage Patty MWG V | Beyond Sausage Patty MWG V |
| Hash browns V | Herbed Diced Potatoes V | Potato Triangles MWG V | Hash browns V | Red Potato Home Fries V | Hashbrowns V |
| Breakfast Bowls | Hardboiled Eggs MWG | Everything Bagel Frittata | Breakfast Bowls | Blueberry Breakfast Bake | French Toast |
| Fried Onions MWG V | Sautéed Peppers & Onions MWG V | Kale and Sweet Potato Hash MWG V | Feta/Cherry Tomatoes/Green Onions MWG V | Baked Beans MWG V | Broccoli Quinoa Patties V |
| Black Bean and Corn Salta MWG | Mushroom MWG | Roasted Tomatoes MWG V | Spinach and Mushrooms MWG V | Eggs: Scrambled & Fried to Order MWG + “JUST” liquid Egg MWG V | Tofu Scramble MWG V |
| Pico/Guacamole/Sour Cream/Cheddar MWG | Chocolate Chip Pancakes | Fresh French Toast | Kamut with Dried Fruits V | Fruity Sunrise Porridge V | Tofu Scramble V |
| **Blueberry Oatmeal Crumble V** | Breakfast Sandwich | Baked Strawberry Oatmeal | Fresh Pancakes | Fresh Pancakes | Fresh Pancakes |

**Broccoli Cheddar Chicken**
Broccoli Drumsticks with Chimichurri MWG
Chicken Fingers
Hand Battered Haddock
Chicken and Biscuits
Crispy Baked Chicken Thighs MWG

**Italian Panino Crustoed Haddoc**
Firecracker Calamari Bites
Beef Carnita
Chicken Caesar Wrap
Green Curry Chicken Pie
Sliced Kielbasa
Ham

**Teriyaki Meatballs**
Pork and Vegetable Dumpling
Blueberry Breakfast Bake
French Toast

**Vegan Butternut Squash Linguine V**
Chicken Chow Mein
Stuffed Rigatoni
BLT Chicken Pasta Toss
Corn with Fire Roasted Red Pepper MWG V
Manicotti

**Eggplant Caprese MWG V**
Sweet and Sour Tofu MWG V
Quinoa and Black Bean Burger V
Beyond niman sausage and veg tos MWG V
Navy Bean Curry with Kale MWG V
Sautéed Brussels MWG V
Mini Frittata Muffins

**Mozza Sticks w Marinara**
Dumplings
Rice MWG V
Fries V
Steamed Rice MWG V
Eggs: Scrambled & Fried to Order MWG + “JUST” liquid Egg MWG V
Red Potato Home Fries V
Hasbrowns V

**Cheesy Garlic Bread**
Steamed Rice MWG V
Sweet Potato Fries V
Fries V
Roasted Tomatoes MWG V

**Lumiaowen with Caramel and Varasey MWG V**
Sugar Snap Peas + Carrots MWG V
Corn MWG V
Broccoli MWG V
Waffle Bar
Brunch Pizza

**Plant-Based Chicken Tenders V**
Cuban Pork Ribs MWG
BBQ Chicken Leg
Chicken Cordon Bleu MWG
Sweet Chili Chicken Breast MWG
Grilled Chicken Kebobs MWG
Salmon Carvery MWG

**Buttermilk Fried Chicken**
Jerk Chicken MWG
Grilled Steak MWG
Balsamic Rosemary Steak Tips MWG
Park and Vegetable Dumpling
Cod with Olive and Garlic MWG
Pork Schnitzel

**Crusted Cod**
Coconut Crusted Tilapia
Smoked Cheese Ravioli
Salmon en Croute
Thai Red Curry Beef MWG
Brined Lamb MWG
Roasted Chicken Breast MWG

**Creamy 4 Cheese Filled Pasta**
Tart Jackfruit Coconut Stew MWG V
Beyond Beef Grilled Sausage MWG V
Ratatouille Tofu MWG V
Sticky Spicy Tofu MWG V
Goat Cheese Tart
Chicken and Spinach MWG V

**Cheesy Stuffed Potato Skins MWG**
Rolf
Garlicky Mash Potatoes MWG
Scalloped Potatoes
Spicy Roast V
Market Vegetable Toss MWG V
Herb Roasted Baby Redskins MWG V

**Broccoli MWG V**
Squash MWG V
Cobbed Corn MWG V
rosemary roasted squash weages MWG V
Asparagus MWG V
Market Vegetable Toss MWG V
Honey Glazed Carrots MWG

**Roasted Sweet Potato Rounds MWG V**
Squash MWG V
Sweet Chili Zincchiti MWG V
Asparagus MWG V
Roasted Baby Shoy MWG V
Carrots with Fresh Dill MWG V
Pétule Peas MWG V

**MWG = MADE WITHOUT GLUTEN**
**V = VEGAN**

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