

**Lunch**

**Mon.-Fri. 11:00AM-2:30PM**

| Monday<br>February 13 | Tuesday<br>February 14 | Wednesday<br>February 15 | Thursday<br>February 16 | Friday<br>February 17 | Saturday<br>February 18 | Sunday<br>February 19 |
|-----------------------|------------------------|--------------------------|-------------------------|-----------------------|-------------------------|-----------------------|
|-----------------------|------------------------|--------------------------|-------------------------|-----------------------|-------------------------|-----------------------|

**Blue Plate Special**

|                              |   |                          |                                |                                   |
|------------------------------|---|--------------------------|--------------------------------|-----------------------------------|
| Tomato Basil Soup (v)        | Pozole Soup                             | Chicken Noodle Soup      | Turkey Rice Soup               | Cream Of Mushroom Soup (v)        |
| Blt                          | Penne Mostacioli (v)                    | Turkey Focaccia Sandwich | Pita W/ Hummus And Tabouli (v) | Italian Sub                       |
| Fresh Vegetable Medley (vgn) | Butternut Squash Sauce (v)              | Corn (vgn)               | Fresh Cauliflower (vgn)        | Fresh Carrot & Broccoli Mix (vgn) |
| Baked Potato (vgn)           | Fresh Vegetables Sauteed W/garlic (vgn) | Baked Potato (vgn)       | Baked Potato (vgn)             | Baked Potato (vgn)                |
|                              | Baked Potato (vgn)                      |                          | Baked Sweet Potato (vgn)       |                                   |
|                              | Baked Sweet Potato (vgn)                |                          |                                |                                   |

**Taqueria (East Side)**

|                                       |                                      |                              |                                   |                                 |
|---------------------------------------|--------------------------------------|------------------------------|-----------------------------------|---------------------------------|
| Beef Soft Taco                        | Chicken Enchilada                    | Fish Taco                    | Tortilla Torte                    | Bbq Chicken Quesadilla          |
| Enchilada Rajas (vgn)                 | Vegetable Chimichanga (v)            | Grilled Vegetable Taco (vgn) | Black Bean And Rice Burrito (vgn) | Vegetarian Tostada (v)          |
| Rice With Corn And Roasted Chiles (v) | Spanish Rice (vgn)                   | Green Rice (vgn)             | Rice W/ Cilantro And Onions (vgn) | Spanish Rice (vgn)              |
| Pinto Beans (vgn)                     | Refried Black Beans (vgn)            | Pinto Beans (vgn)            | Refried Beans (vgn)               | Black Beans (vgn)               |
| Flour Tortilla (vgn)                  | Flour Tortilla (vgn)                 | Flour Tortilla (vgn)         | Flour Tortilla (vgn)              | Flour Tortilla (vgn)            |
| Corn Tortilla                         | Corn Tortilla                        | Corn Tortilla                | Corn Tortilla                     | Corn Tortilla                   |
| Fire Roasted Tomato Salsa (vgn)       | Roasted Tomato And Chile Salsa (vgn) | Papaya Salsa (vgn)           | Tomato Salsa (vgn)                | Fire Roasted Tomato Salsa (vgn) |

**Pizza**

|  |                              |                                    |                        |                        |
|--|------------------------------|------------------------------------|------------------------|------------------------|
| Salami Pizza                           | Pepperoni Pizza              | Canadian Bacon And Pineapple Pizza | Assorted Meat Pizza    | Sausage Pizza          |
| Whole Wheat Pizza W/ Roast Tom & Basil | Olive And Mushroom Pizza (v) | Cheese Pizza (v)                   | Tomato Pesto Pizza (v) | Cheese Pizza (v)       |
| Herb Breadsticks (vgn)                 | Herb Breadsticks (vgn)       | Herb Breadsticks (vgn)             | Herb Breadsticks (vgn) | Herb Breadsticks (vgn) |

**To Order**

|                       |  |                                  |                            |  |
|-----------------------|--|----------------------------------|----------------------------|--|
| Beef Chow Mein        | Turkey Stir Fry With Vegetables & Rice | Lemon Ginger Chicken Stir Fry    | Pork Chow Mein             | Garlic Cream Sauce With Vegetables (v) |
| Tofu Szechwan (vgn)   | Spicy Vegetable Stir Fry (vgn)         | Lemon Ginger Tofu Stir Fry (vgn) | Vegetable Fried Rice (vgn) | Fettucini Pasta (v)                    |
| Long Grain Rice (vgn) | Long Grain Rice (vgn)                  | Brown Rice (vgn)                 | Long Grain Rice (vgn)      | Alburro Sauce (v)                      |
| Brown Rice (vgn)      | Brown Rice (vgn)                       | Long Grain Rice (vgn)            | Brown Rice (vgn)           | Long Grain Rice (vgn)                  |
|                       |  |                                  |                            | Brown Rice (vgn)                       |

**Grill (Cafe)**

|  |  |                                |                                |                               |
|--|--|--------------------------------|--------------------------------|-------------------------------|
| Charburger                               | Charburger                               | Cheeseburger                   | Charburger                     | Charburger                    |
| Gardenburger (vgn)                       | Malibu Burger (vgn)                      | Gardenburger (vgn)             | Gardenburger (vgn)             | Gardenburger (vgn)            |
| Grilled Mozzarella & Tomato On Wheat (v) | Grilled Cheese Sandwich On Sourdough (v) | Grilled Swiss On Wheat (v)     | Chicken Patty Sandwich         | Chicken Patty Sandwich        |
| Shoestring French Fries (vgn)            | Shoestring French Fries (vgn)            | Krinkle Cut French Fries (vgn) | Krinkle Cut French Fries (vgn) | Shoestring French Fries (vgn) |

*Lunch*

| <b>Monday</b><br>February 13 | <b>Tuesday</b><br>February 14 | <b>Wednesday</b><br>February 15 | <b>Thursday</b><br>February 16 | <b>Friday</b><br>February 17 | <b>Saturday</b><br>February 18 | <b>Sunday</b><br>February 19 |
|------------------------------|-------------------------------|---------------------------------|--------------------------------|------------------------------|--------------------------------|------------------------------|
|------------------------------|-------------------------------|---------------------------------|--------------------------------|------------------------------|--------------------------------|------------------------------|

*Salads/Deli (West Side)*

|  |  |   |   |                                    |
|--|--|---|---|------------------------------------|
| Spinach Salad W/ Vinaigrette<br>Macaroni Salad (v) | Avocado & Tomato Salad (vgn)<br>Broccoli Almond Salad (w/nuts) (v) | Pasta Nicoise Salad<br>Black Bean Salad (vgn) | Potato Salad (v)<br>Marinated Vegetable Salad (vgn) | Tuna Salad<br>Gazpacho Salad (vgn) |
|--|--|---|---|------------------------------------|

*Bakery*

|  |   |  |   |   |
|--|---|--|---|---|
| Garlic Roll (v)<br>Toll House Bar (v)<br>Cheesecake Bar (w/nuts) (v) | Cracked Wheat Roll (v)<br>Chocolate Chip Cookie (v)<br>Apple Kuchen (v) | Sesame Roll (v)<br>Jelly Bar Spritz (v)<br>Butterscotch Bar (w/nuts) (v) | Carrot Bread (w/nuts) (v)<br>Brownie (v)<br>Oatmeal Lace Cookie (v) | Garlic French Bread (v)<br>Peanut Butter Bar (w/nuts) (v)<br>Chocolate Cream Cheese Cupcake (v) |
|--|---|--|---|---|

**Dinner**

**Mon.-Sun. 5:00PM-8:00PM**

| <b>Monday</b><br>February 13 | <b>Tuesday</b><br>February 14 | <b>Wednesday</b><br>February 15 | <b>Thursday</b><br>February 16 | <b>Friday</b><br>February 17 | <b>Saturday</b><br>February 18 | <b>Sunday</b><br>February 19 |
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**Blue Plate Special**

|                                     |                                 |                                  |                              |                                     |                                      |                              |
|-------------------------------------|---------------------------------|----------------------------------|------------------------------|-------------------------------------|--------------------------------------|------------------------------|
| Pasta Fazool Soup (vgn)             | Hearty Vegetable Soup (vgn)     | Split Pea Soup (vgn)             | Carrot And Curry Soup (vgn)  | Lentil Soup (vgn)                   | Tomato Soup W/fresh Vegetables (vgn) | Cream Of Sweet Potato Soup   |
| Lemon Pepper Rotisserie Chicken     | Beef Brisket                    | Buttermilk Fried Chicken         | Turkey Lasagna               | Tilapia With Red Curry Sauce & Rice | Rotisserie Pork Loin                 | Sweet & Sour Pot Roast       |
| Fresh Vegetable Medley (vgn)        | Carrots With Tarragon (v)       | Garlic Roasted Red Poatoes (vgn) | Mushroom Stroganoff (v)      | Sauteed Zucchini W/ Garlic (vgn)    | Fresh Spinach W/garlic (vgn)         | Four Bean Stew (vgn)         |
| Herb Polenta W/ Mushroom Ragout (v) | Steamed Vegetables & Rice (vgn) | Chicken Gravy                    | Fresh Vegetable Medley (vgn) | Risotto With Fresh Vegetables (vgn) | Roasted Potato Wedges (vgn)          | Mashed Potatoes W/ Herbs (v) |
| Rice Pilaf (v)                      | Roasted Red Potato Wedges (vgn) | Baked Potato (vgn)               | Baked Potato (vgn)           | Jasmine Rice (vgn)                  | Baked Potato (vgn)                   | Beef Gravy                   |
| Baked Potato (vgn)                  | Baked Potato (vgn)              | Baked Sweet Potato (vgn)         | Baked Sweet Potato (vgn)     | Baked Potato (vgn)                  |                                      | Peas (vgn)                   |
|                                     | Baked Sweet Potato (vgn)        |                                  |                              |                                     |                                      | Baked Potato (vgn)           |

**Taqueria (East Side)**

|                                       |                                     |                       |                                   |                                 |                         |                                   |
|---------------------------------------|-------------------------------------|-----------------------|-----------------------------------|---------------------------------|-------------------------|-----------------------------------|
| Shredded Beef Tostada                 | Beef And Bean Burrito               | Hot Dog               | Carnitas Taco                     | Beef Taquito                    | Soft Corn Chicken Taco  | Chicken Tostada                   |
| Vegetable Empanada (v)                | Potato Gordas W/ Black Beans (v)    | Chili Beans With Meat | Black Bean Tostada (v)            | Cheese Enchilada (v)            | Bean & Cheese Sopes (v) | Black Bean And Rice Burrito (vgn) |
| Rice With Corn And Roasted Chiles (v) | Spanish Rice (vgn)                  | Chili Beans (vgn)     | Rice W/ Cilantro And Onions (vgn) | Spanish Rice (vgn)              | Spanish Rice (vgn)      | Mexican Rice (vgn)                |
| Pinto Beans (vgn)                     | Refried Black Beans (vgn)           |                       | Refried Beans (vgn)               | Black Beans (vgn)               | Refried Beans (vgn)     | Pinto Beans (vgn)                 |
| Flour Tortilla (vgn)                  | Flour Tortilla (vgn)                |                       | Flour Tortilla (vgn)              | Flour Tortilla (vgn)            | Flour Tortilla (vgn)    | Flour Tortilla (vgn)              |
| Corn Tortilla                         | Corn Tortilla                       |                       | Corn Tortilla                     | Corn Tortilla                   | Corn Tortilla           | Corn Tortilla                     |
| Tomato Salsa (vgn)                    | Tomato And Roasted Corn Salsa (vgn) |                       | Fresh Tomato Salsa (vgn)          | Fire Roasted Tomato Salsa (vgn) | Black Bean Salsa (vgn)  | Fresh Tomato Salsa (vgn)          |

**Pizza**

|  |                              |                        |                        |                        |                        |                        |
|--|------------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|
| Salami Pizza                           | Pepperoni Pizza              | Cheese Pizza (v)       | Assorted Meat Pizza    | Sausage Pizza          | Pepperoni Pizza        | Bbq Chicken Pizza      |
| Whole Wheat Pizza W/ Roast Tom & Basil | Olive And Mushroom Pizza (v) | Herb Breadsticks (vgn) | Cheese Pizza (v)       | Cheese Pizza (v)       | Cheese Pizza (v)       | Vegetable Pizza (v)    |
| Herb Breadsticks (vgn)                 | Herb Breadsticks (vgn)       |                        | Herb Breadsticks (vgn) | Herb Breadsticks (vgn) | Herb Breadsticks (vgn) | Herb Breadsticks (vgn) |

**To Order**

|                                       |  |                                 |  |                            |                                   |                           |
|---------------------------------------|--|---------------------------------|--|----------------------------|-----------------------------------|---------------------------|
| Cheese Sauce (v)                      | Sesame Chicken W/asian Vegetables      | Hawaiian Chicken Stir Fry       | Chicken Chop Suey                        | Teriyaki Chicken Rice Bowl | Chicken With Polynesian Bbq Sauce | Marinara Sauce W/ Sausage |
| Rotelli Pasta (v)                     | Japanese Noodles W/tofu & Bok Choy (v) | Vegetable Noodle Stir Fry (vgn) | Vegetables W/peanut Sauce (w/nuts) (vgn) | Dragon Noodles (vgn)       | Vegetable Lo Mein (vgn)           | Fettucini Pasta (v)       |
| Garden Vegetable Marinara Sauce (vgn) | Long Grain Rice (vgn)                  | Jasmine Rice (vgn)              | Long Grain Rice (vgn)                    | Long Grain Rice (vgn)      | Long Grain Rice (vgn)             | Pasta Primavera (v)       |
| Linguini Pasta (v)                    | Brown Rice (vgn)                       | Brown Rice (vgn)                | Brown Rice (vgn)                         | Brown Rice (vgn)           | Brown Rice (vgn)                  | Long Grain Rice (vgn)     |
| Long Grain Rice (vgn)                 |  |                                 |  |                            |                                   | Brown Rice (vgn)          |
| Brown Rice (vgn)                      |  |                                 |  |                            |                                   |                           |

**Salads/Deli (West Side)**

|              |              |              |              |              |              |              |
|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| Caesar Salad | Caesar Salad | Caesar Salad | Caesar Salad | Caesar Salad | Caesar Salad | Caesar Salad |
|--------------|--------------|--------------|--------------|--------------|--------------|--------------|

*Dinner*

| <b>Monday</b><br>February 13 | <b>Tuesday</b><br>February 14 | <b>Wednesday</b><br>February 15 | <b>Thursday</b><br>February 16 | <b>Friday</b><br>February 17 | <b>Saturday</b><br>February 18 | <b>Sunday</b><br>February 19 |
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*Bakery*

Whole Wheat French Bread (v)  
Italian Cream Cake (v)

Three Grain Roll (v)  
Mexican Chocolate Cake (v)

Chocolate Roll (v)

Whole Wheat French Bread (v)  
Boston Cream Pie (v)

Yeast Bread (v)  
Toll House Pie

Sourdough Rounds (v)  
Pumpkin Pie (v)

Onion Walnut Bread (w/nuts) (v)  
German Apple Cake (w/nuts) (v)

*Brunch*

*Sat.-Sun. 10:30AM-2:00PM*

| Monday<br>February 13 | Tuesday<br>February 14 | Wednesday<br>February 15 | Thursday<br>February 16 | Friday<br>February 17 | Saturday<br>February 18 | Sunday<br>February 19 |
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*Blue Plate Special*

- |                             |                             |
|-----------------------------|-----------------------------|
| Minestrone Soup (v)         | Vegetable Soup (vgn)        |
| Tuna Wrap                   | Pulled Pork Sandwich        |
| Fresh Steamed Carrots (vgn) | Fresh Broccoli Spears (vgn) |
| Baked Potato (vgn)          | Baked Potato (vgn)          |
| Long Grain Rice (vgn)       | Long Grain Rice (vgn)       |
| Brown Rice (vgn)            | Brown Rice (vgn)            |

*Pizza*

- |                        |                        |
|------------------------|------------------------|
| Pepperoni Pizza        | Bbq Chicken Pizza      |
| Cheese Pizza (v)       | Vegetable Pizza (v)    |
| Herb Breadsticks (vgn) | Herb Breadsticks (vgn) |

*Grill (Cafe)*

- |                                  |                                |
|----------------------------------|--------------------------------|
| Oatmeal (vgn)                    | Cream Of Wheat (v)             |
| Fresh Scrambled Eggs (v)         | Fresh Scrambled Eggs (v)       |
| Scrambled Egg Whites (v)         | Scrambled Egg Whites (v)       |
| Pancakes (v)                     | Scrambled Eggs W/mushrooms (v) |
| Diced Potatoes With Onions (vgn) | Grilled Ham                    |
| Waffles (v)                      | Tater Tots (vgn)               |
|                                  | Waffles (v)                    |

*Salads/Deli (West Side)*

- |                         |                          |
|-------------------------|--------------------------|
| Ambrosia Salad          | Parmesan Pasta Salad (v) |
| Sliced Cantalope (vgn)  | Sliced Cantalope (vgn)   |
| Sliced Honeydew (vgn)   | Sliced Honeydew (vgn)    |
| Grapefruit Halves (vgn) | Grapefruit Halves (vgn)  |

*Bakery*

- |  |                                |
|--|--------------------------------|
| Cinnamon Roll (v)                      | Glazed Raisin Bread (v)        |
| Bagels- See Breads/cereals For Choices | Banana Nut Muffin (w/nuts) (v) |

*Late Night*

*Mon.-Thur. 9:00PM-12:30AM*

| <b>Monday</b><br>February 13 | <b>Tuesday</b><br>February 14 | <b>Wednesday</b><br>February 15 | <b>Thursday</b><br>February 16 | <b>Friday</b><br>February 17 | <b>Saturday</b><br>February 18 | <b>Sunday</b><br>February 19 |
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*Grill (Cafe)*

|                                      |                                      |                                      |                                      |
|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|
| Charburger                           | Charburger                           | Cheeseburger                         | Cheeseburger                         |
| Gardenburger (vgn)                   | Gardenburger (vgn)                   | Malibu Burger (vgn)                  | Gardenburger (vgn)                   |
| Grilled Cheese Sandwich On White (v) | Grilled Cheese Sandwich On White (v) | Grilled Cheese Sandwich On Wheat (v) | Grilled Cheese Sandwich On White (v) |
| Grilled Ham & Swiss On Sourdough     | Grilled Turkey Burger                | Chicken Patty Sandwich               | Turkey Hot Dog                       |
| Krinkle Cut French Fries (vgn)       | Shoestring French Fries (vgn)        | Shoestring French Fries (vgn)        | Krinkle Cut French Fries (vgn)       |
| Soup                                 | Soup                                 | Soup                                 | Soup                                 |
| Caesar Salad                         | Caesar Salad                         | Caesar Salad                         | Caesar Salad                         |

*Bakery*

|             |                    |                        |                             |
|-------------|--------------------|------------------------|-----------------------------|
| Brownie (v) | Toll House Bar (v) | Rice Krispie Treat (v) | Black And White Brownie (v) |
|-------------|--------------------|------------------------|-----------------------------|