

Breakfast

Monday February 20	Tuesday February 21	Wednesday February 22	Thursday February 23	Friday February 24	Saturday February 25	Sunday February 26
-----------------------	------------------------	--------------------------	-------------------------	-----------------------	-------------------------	-----------------------

Hot Foods

Oatmeal (vgn)	Oatmeal (vgn)	Oatmeal (vgn)	Oatmeal (vgn)	Oatmeal (vgn)
Make Your Own Waffles (v)	Make Your Own Waffles (v)	Make Your Own Waffles (v)	Make Your Own Waffles (v)	Make Your Own Waffles (v)
Fresh Scrambled Eggs (v)	Fresh Scrambled Eggs (v)	Fresh Scrambled Eggs (v)	Fresh Scrambled Eggs (v)	Fresh Scrambled Eggs (v)
Scrambled Egg Whites (v)	Scrambled Egg Whites (v)	Scrambled Egg Whites (v)	Scrambled Egg Whites (v)	Scrambled Egg Whites (v)
Eggs Mc Ortega	Honey Wheat Raisin French Toast (v)	Strawberry Pancakes (v)		Tater Tots (vgn)
Hash Browns (vgn)	Grilled Ham Steaks	Sausage Links		
	Home Fried Potatoes (vgn)	Hash Browns (vgn)		

Bakery

Cinnamon Roll (v)	Bagels- See Breads/cereals For Choices	Donut (v)	Blueberry Muffin (v)
Pumpkin Bread (w/nuts) (v)	Applesauce Coffee Cake (v)	Orange Scone (v)	Cinnamon Coffee Cake (v)

Omelet Made to Order

- Omelets Made To Order
- Large Fresh Eggs (v)
- Egg Whites (v)
- Real Bacon Bits
- Skinless Sausage Link
- Turkey Breast Oven Roasted
- Diced Ham
- Grilled Onions (v)
- Red Bell Pepper Strips (vgn)
- Green Bell Pepper Strips (vgn)
- Sliced Mushrooms (vgn)
- Jack & Cheddar Cheese Mix (v)

Lunch

Monday February 20	Tuesday February 21	Wednesday February 22	Thursday February 23	Friday February 24	Saturday February 25	Sunday February 26
-----------------------	------------------------	--------------------------	-------------------------	-----------------------	-------------------------	-----------------------

Salads

Fresh Green Bean Salad (vgn)	Nicoise Salad	Spring Mix Salad W/feta & Craisins (v)	Real Bacon Bits
Couscous W/artichoke Heart (w/nuts)(v)	Greek Pasta Salad (v)	Fresh Fruit Salad (vgn)	Iceberg Lettuce
			Bleu Cheese Dressing (v)
			White Bean & Cherry Tomato Salad (vgn)

Hot Foods

Beef Soft Taco	Grilled Ono	Chicken Burrito	Chicken Parmesan Sandwich
Turkey Club Wrap	Whole Grain Blend (w/nuts) (vgn)	Philly Cheese Steak Sandwich	Fish Taco
Vegetable Chow Mein (vgn)	Chili Macaroni	Chunky Marinara Sauce (vgn)	Black Bean Enchilada (v)
Fresh Broccoli Spears (vgn)	Quesadilla W/ Roasted Poblano Chiles (v)	Rotelli (v)	Steamed Peas (vgn)
Cheeseburger	Corn With Red Peppers (vgn)	Fresh Steamed Carrots (vgn)	Charburger
Black Bean Burger (vgn)	Turkey Burger	Hot Dog	Vegetable Burger (vgn)
Krinkle Cut French Fries (vgn)	Vegetable Burger (vgn)	Black Bean Burger (vgn)	Krinkle Cut French Fries (vgn)
Cream Of Mushroom Soup (v)	Krinkle Cut French Fries (vgn)	Krinkle Cut French Fries (vgn)	New England Clam Chowder
Brown Rice (vgn)	Cream Of Tomato Soup (v)	Spinach Lentil Soup (vgn)	Brown Rice (vgn)
Basmati Rice (vgn)	Brown Rice (vgn)	Whole Grain Blend (w/nuts) (vgn)	Jasmine Rice (vgn)
Pinto Beans (vgn)	Basmati Rice (vgn)	Sticky Rice (vgn)	Black Beans (vgn)
Flour Tortilla (vgn)	Black Beans (vgn)	Pinto Beans (vgn)	Flour Tortilla (vgn)
Baked Potatoes (vgn)	Flour Tortilla (vgn)	Flour Tortilla (vgn)	Baked Potatoes (vgn)
	Baked Potatoes (vgn)	Baked Potatoes (vgn)	

Panini/Pizza

Chicken Curry Panini	Tomato Basil & Bacon Pizza	Turkey Provolone & Garlic Aoli Panini	Turkey Sausage Pizza
	Three Cheese Pizza (v)		Mushroom Cheese Pizza (v)

Bakery

Sundried Tomato Roll (v)	Onion Roll (v)	Garlic French Bread (v)	Wheat Germ Roll (v)
Chocolate Chocolate Chip Cookie (v)	Cocoa Oatmeal Cookie (w/nuts) (v)	Mexican Wedding Cookie (w/nuts) (v)	Snickerdoodle (v)
Cranberry Orange Bread (w/nuts) (v)	Vanilla Cupcake W/strawberry Icing (v)	Rice Krispy Treat	Mexican Chocolate Cake (v)

Sushi

Calamari Sushi Roll	California Sushi Roll	Spicy Scallop Sushi Roll	Chicken Teriyaki Sushi Roll
Vegetable Sushi Roll (vgn)	Asparagus & Egg Sushi Roll (v)	Daikon Sushi Roll (vgn)	Vegetable Sushi Roll (vgn)

Lunch

Monday February 20	Tuesday February 21	Wednesday February 22	Thursday February 23	Friday February 24	Saturday February 25	Sunday February 26
------------------------------	-------------------------------	---------------------------------	--------------------------------	------------------------------	--------------------------------	------------------------------

Grilled Sandwiches to Order

Sandwiches Grilled To Order American Cheese (v) Swiss Cheese (v) Tuna Salad Sliced Turkey Sliced Ham Sliced Roast Beef Sliced Turkey Pastrami Salami Italian Dry	Sandwiches Grilled To Order American Cheese (v) Swiss Cheese (v) Tuna Salad Sliced Turkey Sliced Ham Sliced Roast Beef Sliced Turkey Pastrami Salami Italian Dry	Sandwiches Grilled To Order American Cheese (v) Swiss Cheese (v) Tuna Salad Sliced Turkey Sliced Ham Sliced Roast Beef Sliced Turkey Pastrami Salami Italian Dry	Sandwiches Grilled To Order American Cheese (v) Swiss Cheese (v) Tuna Salad Sliced Turkey Sliced Ham Sliced Roast Beef Sliced Turkey Pastrami Salami Italian Dry
--	--	--	--

Dinner

Monday February 20	Tuesday February 21	Wednesday February 22	Thursday February 23	Friday February 24	Saturday February 25	Sunday February 26
-----------------------	------------------------	--------------------------	-------------------------	-----------------------	-------------------------	-----------------------

Salads

Caesar Salad	Caesar Salad	Caesar Salad	Caesar Salad	Caesar Salad		
--------------	--------------	--------------	--------------	--------------	--	--

Hot Foods

Buttermilk Fried Chicken	Blackened Catfish	Tilapia With Red Curry Sauce & Rice	Roast Beef	Crispy Baked Chicken
Beef Tamales With Chili	Jambalaya	Meatloaf With Mushroom Gravy	Beef Gravy	Deep Fried Snapper
Whole Wheat Thai Pizza (w/nuts) (v)	Vegetable Sub Sandwich (v)	Vegetable Pot Pie (v)	Kung Pao Chicken (w/nuts)	Sweet & Sour Tofu & Vegetables (vgn)
Roasted Red Potato Wedges	Sweet Potato Fries (vgn)	Mashed Red Potatoes (v)	Macaroni & Cheese (v)	Oven Browned Potatoes (v)
Fresh Cauliflower & Broccoli Mix (vgn)	Long Grain Rice (vgn)	Fresh Spinach (vgn)	Garlic Mashed Potatoes (v)	Italian Green Beans (vgn)
Vegetable Stir Fry (vgn)	Steamed Zucchini (vgn)	Steamed Corn (vgn)	Peas And Carrots (vgn)	Steamed Crookneck Squash (vgn)
Lentil & Brown Rice Soup (vgn)	Fresh Steamed Cauliflower (vgn)	Roasted Butternut Squash Soup (v)	Green Beans (vgn)	Potato Cheese Soup (v)
Marinara Sauce W/ Sausage	Beef Gumbo Soup	Marinara Sauce With Meatballs	Split Pea Soup (vgn)	Turkey Sausage Marinara Sauce
Creamy Pesto Sauce (v)	Marinara Sauce W/ Meat	Garlic Cream Sauce (v)	Marinara Sauce W/chicken & Zucchini	Tomato And Basil Sauce (vgn)
Bowtie Pasta (vgn)	Marinara Sauce W/ Eggplant (vgn)	Penne Pasta (v)	Mushroom Marinara Sauce (vgn)	Fusilli Pasta (v)
Brown Rice (vgn)	Rotelli (v)	Brown Rice (vgn)	Rigatoni (v)	Brown Rice (vgn)
Jasmine Rice (vgn)	Brown Rice (vgn)	Black Beans (vgn)	Whole Grain Blend (w/nuts) (vgn)	Black Beans (vgn)
Black Beans (vgn)	Pinto Beans (vgn)	Flour Tortilla (vgn)	Pinto Beans (vgn)	Flour Tortilla (vgn)
Flour Tortilla (vgn)	Flour Tortilla (vgn)	Baked Potatoes (vgn)	Flour Tortilla (vgn)	Baked Potatoes (vgn)
Baked Potatoes (vgn)	Baked Potatoes (vgn)		Baked Potatoes (vgn)	

Bakery

Sourdough Bread	Jalapeno Cornbread Muffin (v)	Hawaiian Sweet Bread (v)	Sesame Bread (v)	Potato Bread (v)
Marble Cake (v)		Devils Food Cake (v)	Chocolate Mousse Pie	Apple Strudel (w/nuts)

Sushi

California Club Sushi Roll	Calamari Sushi Roll	California Sushi Roll	Spicy Scallop Sushi Roll	Chicken Teriyaki Sushi Roll
Cucumber & Avocado Sushi Roll (vgn)	Vegetable Sushi Roll (vgn)	Asparagus & Egg Sushi Roll (v)	Daikon Sushi Roll (vgn)	Vegetable Sushi Roll (vgn)

Dinner

Monday February 20	Tuesday February 21	Wednesday February 22	Thursday February 23	Friday February 24	Saturday February 25	Sunday February 26
-----------------------	------------------------	--------------------------	-------------------------	-----------------------	-------------------------	-----------------------

Specialty Bar

Ice Cream Bar	Waffle Bar	Taco/tostada Bar	Ice Cream Bar	Nacho Bar
Ice Cream	Make Your Own Waffles (v)	Taco Shells	Ice Cream	Nacho Cheese Sauce (v)
Hot Fudge	Maple Syrup (vgn)	Spiced Ground Beef	Hot Fudge	Spiced Ground Beef
Strawberry Topping	Caramel	Iceberg Lettuce	Sprinkles, Rainbow	Tortilla Chips (v)
Caramel	Strawberry Topping	Sour Cream (v)	Granulated Peanuts	Sliced Olives (vgn)
Granulated Peanuts	Blueberry Sauce (v)	Fresh Tomatoes	Caramel	Sliced Jalapeno Peppers (vgn)
Sprinkles, Rainbow	Hot Fudge	Black Beans (vgn)	Mini Marshmallows	Sour Cream (v)
Mini Marshmallows	Pecan Halves	Sliced Olives (vgn)	Heavy Cream	Fresh Salsa (vgn)
Heavy Cream	Heavy Cream	Shredded Cheddar Cheese (v)	Strawberry Topping	Refried Beans (vgn)
				Green Onion (vgn)

Brunch

Monday February 20	Tuesday February 21	Wednesday February 22	Thursday February 23	Friday February 24	Saturday February 25	Sunday February 26
------------------------------	-------------------------------	---------------------------------	--------------------------------	------------------------------	--------------------------------	------------------------------

Salads

Chicken & Sundried Tomato Pasta Salad
Marinated Broccoli And Bean Salad (vgn)

Hot Foods

Oatmeal (vgn)
Arroz Con Leche (v)
Make Your Own Waffles (v)
Fresh Scrambled Eggs (v)
Scrambled Egg Whites (v)
Huevos Rancheros (v)
Sloppy Joes
Potatoes Obrien (vgn)
Steamed Corn (vgn)
Far East Vegetable Soup (vgn)
Brown Rice (vgn)
Jasmine Rice (vgn)
Black Beans (vgn)
Flour Tortilla (vgn)
Baked Potatoes (vgn)

Panini/Pizza

Taco Pizza
Tomato Pesto Pizza (v)

Bakery

Bagels- See Breads/cereals For Choices
Apple Turnover (v)