

Breakfast

Mon.-Fri. 7:15AM - 10:45AM

Monday February 13	Tuesday February 14	Wednesday February 15	Thursday February 16	Friday February 17	Saturday February 18	Sunday February 19
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Hot Foods

Oatmeal (vgn)	Oatmeal (vgn)	Oatmeal (vgn)	Oatmeal (vgn)	Oatmeal (vgn)		
Make Your Own Waffles (v)	Arroz Con Leche (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)	Make Your Own Waffles (v)	Fresh Scrambled Eggs (v)	Fresh Scrambled Eggs (v)	Fresh Scrambled Eggs (v)	Fresh Scrambled Eggs (v)	
Scrambled Egg Whites (v)	Fresh Scrambled Eggs (v)	Scrambled Egg Whites (v)	Scrambled Egg Whites (v)	Scrambled Egg Whites (v)	Scrambled Egg Whites (v)	
Chilequilles (v)	Scrambled Egg Whites (v)	Strawberry Cream Crepes (v)	Tater Tots (vgn)	Chorizo And Eggs	Bacon	
Hash Browns (vgn)	Banana Pancakes (v)	Potatoes Obrien (vgn)		Hash Browns (vgn)		
	Grilled Ham Steaks					
	Home Fried Potatoes (vgn)					

Bakery

Bagels- See Breads/cereals For Choices	Assorted Filled Danish (v)	Donut (v)	Bagels- See Breads/cereals For Choices	Caramel Nut Roll (w/nuts) (v)
Lemon Yogurt Muffin (v)	Bran Muffin (v)	Raspberry Cr. Cheese Coffee Cake (w/nut)	Banana Choc Chip Muffin (v)	Applesauce Bread (w/nuts) (v)

Omelet Made to Order

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

Lunch

Mon.-Fri. 11:45AM - 2:30PM

Monday February 13	Tuesday February 14	Wednesday February 15	Thursday February 16	Friday February 17	Saturday February 18	Sunday February 19
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Salads

Italian Bread Salad (v) Asian Chicken Salad (w/nuts)	Tortellini Pesto Salad (v) Caesar Salad	Vegetarian Taco Salad (v) Mediterranean Couscous Salad (v) (w/nuts)	Crunchy Fruit Salad (v) (w/nuts) Chef Salad	Red Potato & Dill Salad (v) Coleslaw (v)
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Hot Foods

Turkey Sub Sandwich Chicken Tamale Vegetable Pad Thai (w/nuts) (vgn) Steamed Zucchini (vgn) Patty Melt Sandwich Black Bean Burger (vgn) Krinkle Cut French Fries (vgn) Spicy Navy Bean Soup (vgn) Brown Rice (vgn) Sticky Rice (vgn) Pinto Beans (vgn) Flour Tortilla (vgn) Baked Potatoes (vgn)	Chicken Enchilada Grilled Roast Beef Sandwich Cheese Lasagna (v) Mixed Vegetables (vgn) Charburger Vegetable Burger (vgn) Krinkle Cut French Fries (vgn) Tortilla Soup Whole Grain Blend (w/nuts) (vgn) Jasmine Rice (vgn) Black Beans (vgn) Flour Tortilla (vgn) Baked Potatoes (vgn)	Beef Pot Pie Pulled Pork Sandwich Chile Rellenos (v) Steamed Peas (vgn) Chicken Burger Black Bean Burger (vgn) Krinkle Cut French Fries (vgn) Hearty Vegetable Soup (vgn) Brown Rice (vgn) Jasmine Rice (vgn) Pinto Beans (vgn) Flour Tortilla (vgn) Baked Potatoes (vgn)	Chicken Salad Stuffed Pita Pork Chow Mein Black Bean Tostada (v) Fresh Steamed Cauliflower (vgn) Corn Dogs Vegetable Burger (vgn) Krinkle Cut French Fries (vgn) Corn Chowder (v) Brown Rice (vgn) Sticky Rice (vgn) Pinto Beans (vgn) Flour Tortilla (vgn) Baked Potatoes (vgn)	Bbq Beef Sandwich On A Bun Homemade Fish & Chips Spinach & Feta Turnover (v) Vegetable Stir Fry (vgn) Cheeseburger Black Bean Burger (vgn) Krinkle Cut French Fries (vgn) New England Clam Chowder Brown Rice (vgn) Basmati Rice (vgn) Black Beans (vgn) Flour Tortilla (vgn) Baked Potatoes (vgn)
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Panini/Pizza

Pepperoni Pizza Mushroom Cheese Pizza (v)	Roasted Vegetable Panini (v)	Sausage & Mushroom Pizza Vegetable Pizza (vgn)	Roast Beef & Swiss Panini	Canadian Bacon & Pineapple Pizza Roasted Garlic/onion & Pepper Pizza (v)
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Bakery

Whole Wheat Sunflower Roll (v) Assorted Butter Cookie (w/nuts) (v) Mint Sticks (v)	Garlic French Bread (v) White Choc Macadamia Cookie (w/nuts)(v) Red Velvet Cupcake (v)	Irish Soda Bread (v) Chocolate Chip Cookie (v) Lemon Bar (v)	Honey Wheat Raisin Roll (v) Oatmeal Raisin Cookie (w/nuts) (v) Killer Brownie (w/nuts)	Cornmeal Roll (v) Lemon Shortbread Cookie (v) Intense Chocolate Bread (v)
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Sushi

California Sushi Roll Yam Tempura & Avocado Sushi Roll (v)	Spicy Shrimp Sushi Roll Cucumber & Avocado Sushi Roll (vgn)	Spicy Scallop Sushi Roll Vegetable Sushi Roll (vgn)	Salmon Sushi Roll Daikon Sushi Roll (vgn)	Teriyaki Beef Sushi Roll Vegetable Sushi Roll (vgn)
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Lunch

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Grilled Sandwiches to Order

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

Dinner

Mon.-Fri. 5:00PM - 8:00PM

Monday February 13	Tuesday February 14	Wednesday February 15	Thursday February 16	Friday February 17	Saturday February 18	Sunday February 19
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Salads

Caesar Salad Caesar Salad Caesar Salad Caesar Salad Caesar Salad

Hot Foods

Teriyaki Chicken Quarters	Tri Tip Roast	Roast Turkey	Chicken Parmigiana	Pork Loin Roast With Garlic And Ginger
Spiral Cut Ham	Sweet & Sour Chicken	Turkey Gravy	Grilled Ono	Cashew Chicken (w/nuts)
Tofu & Vegetable Kung Pao (vgn) (w/nuts)	Mushroom Risotto (vgn)	Salisbury Steak W/ Barbecue Sauce	Roasted Vegetable Quesadilla (v)	Manicotti With Marinara Sauce (v)
Scalloped Potatoes (v)	Onion Rings (v)	Thai Tofu Curry And Vegetables (vgn)	Steamed Red Potatoes W/ Parsley (vgn)	Honey Spiced Sweet Potatoes (v)
Fresh Spinach (vgn)	Fresh Corn On The Cob (vgn)	Garlic Mashed Potatoes (v)	Steamed Zucchini (vgn)	Steamed Corn (vgn)
Sauteed Butternut Squash (v)	Green Beans (vgn)	Stuffing	Steamed Crookneck Squash (vgn)	Steamed Peas (vgn)
Minestrone Soup (v)	Mushroom Barley Soup (v)	Fresh Broccoli Spears (vgn)	Beef Noodle Soup	Curry Chicken Soup
Marinara Sauce W/ Meat	Marinara Sauce W/ Sausage	Chili Style Lentil Soup (vgn)	Marinara Sauce With Shrimp	Marinara Sauce With Meatballs
Creamy Pesto Sauce (v)	Chunky Marinara Sauce (vgn)	Chicken And Mushroom Marinara Sauce	Chunky Marinara Sauce (vgn)	Garlic Cream Sauce With Herbs (v)
Bowtie Pasta (vgn)	Rigatoni (v)	Cheese Sauce (v)	Spaghetti Pasta	Penne Pasta (v)
Brown Rice (vgn)	Whole Grain Blend (w/nuts) (vgn)	Bowtie Pasta (vgn)	Brown Rice (vgn)	Brown Rice (vgn)
Pinto Beans (vgn)	Black Beans (vgn)	Pinto Beans (vgn)	Sticky Rice (vgn)	Pinto Beans (vgn)
Flour Tortilla (vgn)	Flour Tortilla (vgn)	Flour Tortilla (vgn)	Pinto Beans (vgn)	Flour Tortilla (vgn)
Baked Potatoes (vgn)	Baked Potatoes (vgn)	Baked Potatoes (vgn)	Flour Tortilla (vgn)	Baked Potatoes (vgn)
			Baked Potatoes (vgn)	

Bakery

Sour Cream And Chive Bread (v)	Crusty French Bread (v)	Pesto Bread (v)	Parmesan Herb Bread (v)	Raisin Bread With Sugar Glaze (v)
Blueberry Crumb Pie	Rocky Road Tart (w/nuts)	German Chocolate Cake (w/nuts) (v)	Strawberries (vgn)	Chocolate Roll (v)
			Cream Cheese Pie (v)	

Sushi

California Sushi Roll	Spicy Shrimp Sushi Roll	Spicy Scallop Sushi Roll	Salmon Sushi Roll	Teriyaki Beef Sushi Roll
Yam Tempura & Avocado Sushi Roll (v)	Cucumber & Avocado Sushi Roll (vgn)	Vegetable Sushi Roll (vgn)	Daikon Sushi Roll (vgn)	Vegetable Sushi Roll (vgn)

Dinner

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Specialty Bar

Ice Cream Bar	Chili Bar	Waffle Bar	Burrito Bar	Nacho Bar
Ice Cream	Chili W/meat	Make Your Own Waffles (v)	Flour Tortilla	Nacho Cheese Sauce (v)
Hot Fudge	Egg Noodles (v)	Blueberry Sauce (v)	Spiced Chicken	Spiced Ground Beef
Sprinkles, Rainbow	Corn Chips	Tater Tots (vgn)	Sour Cream (v)	Tortilla Chips (v)
Granulated Peanuts	Shredded Cheddar Cheese (v)	Strawberry Topping	Iceberg Lettuce	Sliced Olives (vgn)
Caramel	Diced Red Onions (vgn)	Hot Fudge	Refried Beans (vgn)	Sliced Jalapeno Peppers (vgn)
Mini Marshmallows	Sliced Olives (vgn)	Heavy Cream	Sliced Olives (vgn)	Sour Cream (v)
Heavy Cream	Sour Cream (v)		Mexican Rice (v)	Fresh Salsa (vgn)
Strawberry Topping	Green Onion (vgn)		Shredded Cheddar Cheese (v)	Refried Beans (vgn)
	Fresh Cilantro (vgn)			Green Onion (vgn)