

Saturday 11/16

Sunday 11/17

Monday 11/18

Tuesday 11/19

Wednesday 11/20

Thursday 11/21

Friday 11/22

III

*** = VEGETARIAN**

V = VEGAN

Δ = PREPARED WHEAT FREE

MENU MAY BE SUBJECT TO CHANGE

BREAKFAST

- Oatmeal V
- Overnight Oats : Mango V
- Marble Loaf Cake*
- Berry Pancakes*
- Turkey Bacon Δ Tater Tots
- Breakfast Sausage VΔ
- Hard Cooked Eggs Δ*
- Scrambled Eggs Δ*
- Assorted Bagels* • Doughnuts*
- Yogurt Bar • Omelet Bar

BREAKFAST

- Oatmeal V
- Overnight Oats: Dried Fruit V
- Blueberry Muffins*
- Shredded Potatoes VΔ
- French Toast*
- Hickory Smoked Bacon Δ
- Breakfast Sausage VΔ
- Hard Cooked Eggs Δ*
- Scrambled Eggs Δ*

BREAKFAST

- Oatmeal V
- Overnight Oats : Chocolate Fudge V
- Banana Nut Loaf*
- Diced Potatoes
- Pancakes*
- Turkey Sausage Patty Δ
- Breakfast Sausage VΔ
- Hard Cooked Eggs Δ*
- Scrambled Eggs Δ*

BREAKFAST

- Oatmeal V
- Overnight Oats : Pumpkin Oats V
- Oreo Cookie Muffins*
- Home fried Sliced Potatoes VΔ
- French Toast Sticks*
- Hickory Smoked Bacon Δ
- Breakfast Sausage VΔ
- Hard Cooked Eggs Δ*
- Scrambled Eggs Δ*

BREAKFAST

- Oatmeal V
- Overnight Oats: Dried Fruit*
- Lemon Ice Loaf*
- Shredded Potatoes VΔ
- Chocolate Chip Pancakes*
- Pork Sausage Patty Δ
- Breakfast Sausage VΔ
- Hard Cooked Eggs Δ*
- Scrambled Eggs Δ*
- Yogurt Bar • Omelet Bar

BRUNCH

- CongeeΔV
- Oatmeal V
- Pancakes*
- Hard Cooked Eggs *Δ
- Avocado Scrambled Eggs *Δ
- Iced Carrot Loaf*
- Buttermilk Biscuits*
- Hash Brown Patties
- Turkey Bacon Δ
- Pork Sausage Links Δ
- Doughnuts*
- Bagels*
- Breakfast Sausage VΔ
- Crepe Bar

BRUNCH

- CongeeΔV
- Oatmeal V
- French Toast*
- Hard Cooked Eggs *Δ
- Akooi Scrambled Eggs *Δ
- Chocolate Chip Muffins*
- Buttermilk Biscuits*
- Shredded Potatoes VΔ
- Hickory Smoked Bacon Δ
- Turkey Sausage Δ
- Doughnuts*
- Bagels*
- Breakfast Sausage VΔ
- Waffle Bar

LUNCH

- Turkey Rice Soup Δ
- Fire Roasted Tomato Soup V
- Sourdough Grilled Cheese Sandwich*
- Grilled Chicken Sandwich Δ
- Beyond Sausage & Pepper ?
- Seasoned Fried Potato Wedges
- Seasoned Vegetable Medley VΔ
- White Bean & Vegetables VΔ
- Brown Rice VΔ
- Cheese Pizza*
- Sausage Pepper Pizza
- Asian Noodle Salad
- Salad Bar • Deli Bar
- Selection of Cookies*
- Chocolate Oreo Mousse Parfait*

LUNCH

- Chicken Escarole Soup
- Lentil Soup VΔ
- Cacciatore with Tofu
- Kale Burgers V
- Tortellini with Bacon & Tomatoes
- Tater Tots
- Fresh Seasoned Broccoli VΔ
- Braised Black Beans VΔ
- Brown Rice VΔ
- Cheese Pizza*
- Chicken Fajita Pizza
- Salad Bar • Deli Bar
- Tuna Pasta Salad VΔ
- Snicker Delight Parfait*
- Dark Fudge Brownies

LUNCH

- New England Clam Chowder
- Tomato Florentine Soup VΔ
- Grilled Turkey Burger with Onions & Mushrooms Δ
- “Chicken” Nuggets V
- Mushroom Cheddar Quesadilla*
- Baked Sweet Potato Wedges VΔ
- Fresh Baby Carrots VΔ
- Pinto Beans VΔ Brown Rice VΔ
- Cheese Pizza*
- Roasted Veggie Pizza*
- Grilled Shrimp Salad
- with Honey Mustard Vinaigrette
- Salad Bar • Deli Bar
- Selection of Cookies*
- Really Dirty Dirt Pudding*

LUNCH

- Navy Bean Soup VΔ
- Chicken Tortilla Soup
- Chicken Fajita
- Tofu Fajita V • Pork Fajita
- Santa Fe Strata* Δ
- Black Bean & Corn Burgers V
- Sweet Yellow Corn VΔ
- Navy Beans VΔ
- Brown Rice VΔ
- Cheese Pizza*
- Margherita Pizza*
- Tortilla Chip Salad
- Salad Bar • Deli Bar
- S'mores Mousse Parfait
- Rice Krispy Treats

LUNCH

- Creole Seafood Gumbo
- Local Mushroom Bisque*
- Cheesesteak Quesadilla
- Kale Burgers V
- Grilled Honey Mustard Chicken
- Friday Fries
- Haricots Vert VΔ
- Caesar Salad with Roasted Red Peppers
- Kidney Beans with Herbs VΔ
- Cheese Pizza*
- Pepperoni Pizza
- Brown Rice VΔ
- Salad Bar • Deli Bar
- Selection of Cookies*
- Caramel Pretzel Parfait* Δ

Fresh to Go!
GREEN GODDESS SANDWICH
WHITE ALE POTATO SALAD
SUN CHIPS

Fresh to Go!
EASTERN EUROPEAN TURKEY CLUB
GERMAN POTATO SALAD

Fresh to Go!
JALAPENO BBQ BEEF SANDWICH
CREAMY COLE SLAW

Fresh to Go!
CAESAR CLUB SANDWICH
LEMON ORZO SALAD
PITA CHIPS

Fresh to Go!
CHICKPEA SALAD SANDWICH
BARLEY CORN SALAD
DORITOS

DINNER

- Bean & Bean Gumbo V
- Peruvian Quinoa Stew V
- Pescado Sudado
- Flank Steak Saltado
- Grilled Marinated Chicken Breast
- French Fried Potatoes*
- Corn with Cilantro & Lime
- Green Beans with Red Onion & Peppers
- White Rice
- Corn Bread
- Marinara VΔ
- Bolognese
- Penne V
- Mississippi Mud Cake*

DINNER

- Grilled Beef Teriyaki
- Chicken Szechuan
- Garlic & Broccoli Tofu
- Snow Peas
- Oven Roasted Vegetables VΔ
- Jasmine Rice
- Marinara VΔ
- Rotini V
- Bolognese Sauce
- Sesame Roll
- Sundae Bar

DINNER

- Jerk Chicken Δ
- Island Tilapia Δ
- Beef Stew with Peas Δ
- Grilled Chicken Breast Δ
- Jollof Rice VΔ Fried Plantains
- Cabbage & Carrots VΔ
- Curry Potato & Chick Peas VΔ
- White Beans & Mushrooms ΔV
- Sesame Roll
- Marinara VΔ
- Bow Tie Pasta V
- Creamy Blush Sauce * Δ
- Garlic Breadsticks*
- Coconut Cake with Rum Sauce*

DINNER

- Make Your Own Asian Noodle Bowl**
- NOODLES:**
Lo Mein • Udon
Rice Noodles
- STOCKS:**
Buckwheat Soba Noodles
- Turkey • Clam • Mushroom
Beef • Chicken • Vegetable •
- Tofu • Pork
- Scallions • Sweet Yellow Corn
- Bean Sprouts • Snow Peas
- Egg Rolls
- Grilled Chicken Breast Δ
- Sesame Rolls
- Oreo Cream Pie*

DINNER

- Chicken & Waffles with Maple Syrup
- “Chicken” Strips V
- Grits with Shrimp & Bacon
- Grilled Chicken Breast Δ
- Cajun French Fries
- Mustard Greens & Chickpeas V
- Smoked Mushrooms V
- Chili Cornmeal Crusted Tofu V
- Marinara VΔ
- Bolognese Penne V
- Corn Bread
- Mississippi Mud Cake*

THANKSGIVING DINNER

- MIXED GREENS WITH DRIED CRANBERRIES & PUMPKIN SEEDS
- with APPLE CIDER VINAIGRETTE
- ROASTED TURKEY**
- HERBED STUFFING V
- HOMESTYLE GRAVY**
- HAND CARVED BROWN SUGAR GLAZED HAM
- CORN SOUFFLE**
- HOMEMADE MASHED POTATOES*
- MAC N CHEESE**
- LENTIL PASTA WITH BUTTERNUT SQUASH PESTO V
- CANDIED YAMS WITH APPLES V**
- GREEN BEAN WITH CRANBERRIES*
- VEGAN ROASTED SEASONAL SQUASH & CARROTS**
- CRANBERRY SAUCE
- ARTISAN DINNER ROLLS**
- JALAPENO CHEDDAR CORN MUFFINS*
- PUMPKIN PIE* DUTCH APPLE PIE***

DINNER

- Grilled Chicken Breast Δ
- Grilled Lamb Burger with Feta Δ
- Greek Chicken Cutlet Δ
- Horiatiki Tofu ΔV
- Greek Lemon Potatoes ΔV
- Greek Spinach & White Beans ΔV
- Fasoulia Green Beans ΔV
- Marinara VΔ
- Bolognese Sauce
- Penne Pasta V
- Naan *
- Apple Pie*

III