

Saturday 1.25

Sunday 1.26

Monday 1.27

Tuesday 1.28

Wednesday 1.29

Thursday 1.30

Friday 1.31

II

BREAKFAST

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* = VEGETARIAN
V = VEGAN
Δ = PREPARED WHEAT FREE
MENU MAY BE SUBJECT TO CHANGE

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

Oatmeal V
Overnight Oats :
Dried Fruit*
Buttermilk Blueberry Muffins*
Shredded Potatoes ΔV
French Toast*
Hickory Smoked Bacon Δ
Breakfast Sausage ΔV
Hard Cooked Eggs Δ*
Scrambled Eggs Δ*
Assorted Bagels* • Doughnuts*
Yogurt Bar • Omelet Bar

Oatmeal V
Overnight Oats :
Chocolate Fudge V
Chocolate Chip Loaf Cake*
Diced Potatoes
Pancakes*
Turkey Sausage Patty Δ
Breakfast Sausage ΔV
Hard Cooked Eggs Δ*
Scrambled Eggs Δ*
Assorted Bagels* • Doughnuts*
Yogurt Bar • Omelet Bar

Oatmeal V
Overnight Oats :
Pumpkin Pie V
Apple Cinnamon Muffins*
Hickory Smoked Bacon Δ
Home Fried Potatoes ΔV
French Toast Sticks*
Breakfast Sausage ΔV
Hard Cooked Eggs Δ*
Scrambled Eggs Δ*
Assorted Bagels • Doughnuts*
Yogurt Bar • Omelet Bar

Oatmeal V
Overnight Oats
with Dried Fruit*
Lemon Cranberry Muffins
Shredded Potatoes ΔV
Chocolate Chip Pancakes*
Breakfast Sausage VΔ
Pork Sausage Δ
Hard Cooked Eggs Δ*
Scrambled Eggs Δ*
Assorted Bagels • Doughnuts*
Yogurt Bar • Omelet Bar

BRUNCH

BRUNCH

LUNCH

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LUNCH

Oatmeal V
Pancakes*
Hard Cooked Eggs Δ*
Scrambled Eggs Δ*
Cinnamon Walnut
Pound Cake*
Buttermilk Biscuits*
Hash Brown Patties
Turkey Bacon Δ
Omelet Bar
Yogurt Bar
Assorted Bagels*
Doughnuts*
Breakfast Sausage VΔ
Pork Sausage Links Δ

Oatmeal V
French Toast*
Hard Cooked Eggs Δ*
Scrambled Eggs
with Kale & Mozzarella Δ*
Double Chocolate Muffins*
Buttermilk Biscuits*
Shredded Potatoes ΔV
Hickory Smoked Bacon Δ
Congee ΔV
Omelet • Yogurt Bar
Assorted Bagels*
Doughnuts*
Sausage Gravy
Breakfast Sausage VΔ
Waffle Bar

Turkey Noodle
Vegetable Soup
Butternut Squash Soup* Δ
Peppercorn Parmesan
Chicken Sandwich
Black Bean Burger*
Penne with Tomato & Basil V
French Fries
Steamed Leaf Spinach VΔ
White Beans & Vegetables VΔ
Brown Rice VΔ
Cheese Pizza* • Alpine Pizza*
Deli • Salad Bar
Kale, Quinoa & Edamame
Vegetable Salad ΔV
Selection of Cookies*
Strawberry Shortcake Parfait*

Fresh to Go!
AMERICAN AND SWISS CHEESE
SANDWICH
ASPARAGUS SALAD

Hearty Beef Vegetable Soup Δ
Black Bean, Sweet Potato
& Quinoa Soup VΔ
Chicken Fillet Sandwich
Beyond Burger V
Lemony Pasta V
Grilled Chicken Breast Δ
Fresh Seasoned Broccoli VΔ
Braised Black Beans VΔ
Brown Rice Salad
with Crunchy Sprouts
& Sunflower Seeds V
Cheese Pizza* • Taco Pizza
Belgian Endive with Almonds*
Deli Bar • Salad Bar
Magic Cookie Bars*
Snickers Parfait*

Fresh to Go!
CAPE COD CHICKEN
SALAD SANDWICH
CINNAMON BEET SALAD

Chicken Escarole Soup
Tomato Basil Soup VΔ
Hot Dog Bar
Kale Burger V
Edamame, Tofu & Fresh
Vegetable Stir-Fry VΔ
Aged Cheddar Mac & Cheese
Crinkle Cut French Fries
Fresh Sautéed Kale VΔ
Pinto Beans VΔ Brown Rice VΔ
Cheese Pizza*
Pesto Trapanese Pizza*
Deli Bar • Salad Bar
Roasted Balsamic
Beet Salad VΔ
Selection of Cookies*
Chocolate Oreo
Mousse Parfait*

Fresh to Go!
JALAPENO BBQ BEEF SANDWICH
COLESLAW

Smoked Gouda Broccoli Soup*
Maryland Crab Soup Δ
Chipotle Chicken Quesadilla
Ratatouille Pasta VΔ
Impossible Italian Sausage
with Peppers & Onions V
Roasted Red Potatoes VΔ
Petite Spring Peas &
Brunoise Carrots VΔ
Navy Beans VΔ
Brown Rice VΔ
Cheese Pizza* Asian Pizza
Deli Bar • Salad Bar
Tortellini Salad
with Avocado & Feta*
Rocky Road Brownies*
Cannoli Parfait*

Fresh to Go!
CAESAR CLUB SANDWICH
LEMON ORZO SALAD

Beef Stuffed Pepper Soup Δ
Leek & Lentil Soup VΔ
Buffalo Style Chicken Wings
with Bleu Cheese & Celery
Grilled Chicken Breast Δ
"Chicken" Nuggets V
Rigatoni Ponza*
Friday Fries
Fresh Seasoned
Vegetables VΔ
Kidney Beans with Herbs VΔ
Brown Rice VΔ
Cheese Pizza* Focaccia Pizza*
Caesar Salad
Deli Bar • Salad Bar
Selection of Cookies*
Brownie Bombe Parfait*

Fresh to Go!
CHICKPEA SALAD SANDWICH
BARLEY CORN SALAD

DINNER

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South Philly Italian
Roast Pork Sandwich
Breaded Chicken Sandwich
Sautéed Broccoli Rabe VΔ
Roasted Red Peppers VΔ
Fried Long Hot Peppers VΔ
Provolone Cheese* Δ
Crab Mac & Cheese
Tomato Caprese
Sheet Pan Pasta*
Roasted Italian Vegetables V
Marinara VΔ Pesto Sauce*
Farfalle V
Garlic Breadsticks*
Italian Lemon Cream Cake*

Brisket with Wild Mushroom
Blend Demi-Glaze
Pan-Seared Sweet Potato
with Tempeh VΔ
Pierogies with
Peppers & Onions*
Grilled Chicken Breast Δ
Baked Potato VΔ
Candied Carrots VΔ
Fresh Mixed Vegetables VΔ
Beans & Rice VΔ
Marinara VΔ
Bolognese Δ Farfalle V
Dinner Rolls*
Sundae Bar

Tofu Stir Fry VΔ
Chicken Teriyaki Δ
Panko Crusted Salmon
with tonkatsu
White Rice VΔ
Spicy Szechuan Noodles V
Roasted Sesame Broccoli VΔ
Sugar Snap Peas VΔ
White Beans & Mushrooms ΔV
Marinara V
Sundried Tomato Sauce Δ*
Farfalle V
Sesame Rolls
Dutch Apple Pie*

Spiced Chicken
& Mango Salsa Δ
Cuban Sandwich
Jerk Tofu V
Cuban Black Beans V Δ
Brown Rice VΔ
Fresh Fried Plantains
Flame Roasted
Mediterranean Vegetables VΔ
Marinara ΔV
Sausage Marinara Δ
Spaghetti V
Garlic Breadsticks*
Carrot Cake*

Pulled Jackfruit Sandwich
with Bourbon BBQ V
Pulled Pork Sandwich
BBQ Chicken Thighs
Grilled Chicken Breast Δ
Corn on the Cob VΔ
Macaroni & Cheese*
Olive Oil Whipped Potatoes VΔ
Veg-head Cannellini Beans VΔ
Cornbread* Marinara VΔ
Creamy Alfredo Sauce*
Spaghetti V
Blueberry Pie V

Grilled Marinated
Chicken Breast Δ
Taco & Nacho Fiesta
Balsamic Honey
Roasted Vegetables Δ*
Collard Greens VΔ
Spanish Rice VΔ
Steamed Fresh Vegetables VΔ
Lentils & Rice ΔV
Marinara ΔV
Shrimp Scampi Sauce
Pasta V
Garlic Breadsticks*
Churros*

Beef Lasagna
Asiago Chicken
Impossible Sausage
Scallopine VΔ
Grilled Vegetables
Roasted Potato Wedges
Lentil & Rice
Garlic Broccoli Rabe
Lentil & Rice
Garlic Bread Sticks
Marinara VΔ
Penne Pasta V
Red Clam Sauce Δ
Cheesecake with Toppings*