Saturday 2/1

Sunday 2/2

Monday 2/3 Tuesday 2/4 Wednesday 2/5

Thursday 2/6 Friday 2/7

= VEGETARIAN

= VEGAN

 $\Delta$  = PREPARED WHEAT FREE

MENU MAY BE SUBJECT TO CHANGE

BREAKEAST **BREAKFAST** 

Oatmeal V Oatmeal V Overnight Oats : Mango V

Overnight Oats: Dried Fruit V Buttermilk Blueberry Muffins' Shredded Potatoes V∆

French Toast\*

Hickory Smoked Bacon Δ

Breakfast Sausage VΔ

Hard Cooked Eggs Δ\* Scrambled Eggs A\* Yogurt Bar • Omelet Ba

Doughnuts\* Bagels\*

LUNCH

Chicken Escarole Soup Lentil Soup V∆ Cacciatore with Tofu

Kale Burgers V

Tortellini with Bacon & Tomatoes

Tater Tots resh Seasoned Broccoli V∆

Braised Black Beans VA

**BREAKFAST** 

Oatmeal V Overnight Oats : Chocolate Fudge V Chocolate Chip Loaf Cake\* Diced Potatoes Pancakes\* Turkey Sausage Patty Δ
Breakfast Sausage VΔ
Hard Cooked Eggs Δ\*
Scrambled Eggs Δ\*
Yogurt Bar • Omelet Bar **BREAKFAST** 

Oatmeal V Overnight Oats: Pumpkin Oats V Apple Cinnamon Muffins\* Home fried Sliced Potatoes VA French Toast Sticks\* Hickory Smoked Bacon Δ Breakfast Sausage VΔ Hard Cooked Eggs Δ\* Scrambled Eggs A\* Yogurt Bar • Omelet Bar Doughnuts\* Bagels\*

**BREAKFAST** 

Oatmeal V Overnight Oats: Dried Fruit\* Lemon Cranberry Muffins Shredded Potatoes VA Chocolate Chip Pancakes\* Pork Sausage Patty A Breakfast Sausage VΔ Hard Cooked Eggs Δ\* Scrambled Eggs A\* Yogurt Bar • Omelet Bar Doughnuts\* Bagels\*

### **BRUNCH**

Oatmeal V Pancakes\* Hard Cooked Eggs \*Δ Scrambled Eggs\*A Cinnamon Walnut Pound Cake \*
Buttermilk Biscuits\* Hash Brown Patties P Turkey Bacon Δ Pork Sausage Links A Doughnuts\* Bagels\* Breakfast Sausage V∆

# **BRUNCH**

Congee∆V Oatmeal V French Toast\* Hard Cooked Eggs \*Δ Scrambled Eggs \* \Double Chocolate Muffins\*
Buttermilk Biscuits\*
Shredded Potatoes V\D Hickory Smoked Bacon Δ Turkey Sausage Δ Doughnuts Breakfast Sausage VA

Marble Pound Cake

Berry Pancakes\*
Turkey Bacon Δ Tater Tots
Breakfast Sausage VΔ
Hard Cooked Eggs Δ\*

Scrambled Eggs A Assorted Bagels\* • Doughnuts

Yogurt Bar • Omelet Bai

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 VA
White Bean & Vegetables VA
Brown Rice VA Cheese Pizza\* Sausage Pepper Pizza Asian Noodle Salad Salad Bar Deli Bar Selection of Cookies\* Chocolate Oreo Mousse Parfait\*

Brown Rice V∆ Cheese Pizza Chicken Fajita Pizza Salad Bar • Deli Bar Tuna Pasta Salad VA Snicker Delight Parfait Dark Fudge Brownies

TALIAN HOAGIE 3-BEAN SALAD

Doughnuts\* Bagels\*

Veggie Griller Sandwich\* Fresh Baby Carrots VΔ Pinto Beans VΔ Brown Rice VΔ Cheese Pizza\* Sausage Pizza

Sausage Pizza

Grilled Shrimp Salad

with Honey Mustard Vinaigrette

Salad Bar • Deli Bar

Selection of Cookies\*

Really Dirty Dirt Pudding\*

# LUNCH

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

Fresh to Go POMEGRANATE SALAD

# LUNCH

Creole Seafood Gumbo Local Mushroom Bisque\* Cheesesteak Quesadilla Kale Burgers V
Grilled Honey
Mustard Chicken Friday Fries Haricots Vert VA 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\* A FRIED GREEN TOMATO ON PRETZEL ROLL SANDWICH LOUISIANA SUNBURST SALAD

# DINNER

Chicken & Waffles Black Bean & Rice Burrito Honey Mustard Salmon Bean & Bean Gumbo V Farro with Roasted Vegetables V Brown Rice Seasoned Sweet Yellow Corn Marinara VA Rotini V Bolognese Sauce Chocolate Layer Cake

### DINNER

Grilled Beef Teriyaki Chicken Szechuan Garlic & Broccoli Tofu Oven Roasted Vegetables VA Jasmine Rice Marinara VA Rotini V Bolognese Sauce Dinner Rolls Sundae Bar

### DINNER

CRAB CAKE ON KAISER ROLL

MACARONI SALAD

Ricotta Stuffed Shells Chicken Marsala Eggplant Steak ΔV Steamed Leaf Spinach
Roasted Vegetables
White Bean & Mushrooms VA Truffle Fries White Rice Marinara V∆ Bow Tie Pasta V Creamy Blush Sauce \* A Garlic Breadsticks\* Italian Ricotta Cheesecake

#### DINNER

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

### DINNER

Fresh to Sol BUFFALO CHICKEN WRA GRILLED CORN SALAD

"Chicken" & Dumplings \
Roasted Chicken
with Vegetables Δ
Grilled Chicken Breast Δ Kale & Artichoke Stuffed Portabella Mushroom Whipped Yukon Gold Potatoes\*∆ Herbed Bread Dressing Sweet Yellow Corn ΔV
Steamed Leaf Spinach VΔ
eg-head Cannellini Beans ΔV
Corn Bread\* Marinara VΔ
Pesto Sauce\* Farfalle V
Sweet Potato Pie\*

DINNER Kalbi Lentils & Rice VA Scallion Pancakes\* Korean BBQ Salmon Spicy BBQ Tofu V ickled Tarragon Carrots VΔ Sesame Pepper
Bean Sprouts VA
Soy Glazed Shiitake VA
Peppered Edamame VA
Baby Bok Choy VA
Pickled Radish V
Sticky Rice VA Marinara VΔ Carbonara Penne V Garlic Breadsticks\*

# DINNER

Eggplant Gateau V Apple Filled Pancakes Scrambled Eggs Bangin' Breakfast Potatoes Roasted Asparagus with Apples & Onions Applewood Bacon Vegan Breakfast Sausage V Buttermilk Biscuits
Sausage, Egg & Cheese
Breakfast Sandwich
Egg & Cheese Breakfast Sandwich Penne V Marinara V∆ lognese Garlic Breadsticks anana Chocolate Cake