





Week 1	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Eggs	Hard Boiled Eggs & Scrambled Eggs						
	<i>Made to order Breakfast Bar! Hot & Cold Cereals, Full Hot Breakfast, Omelettes & Crepes</i>						
Soup	Roasted Root Vegetable	Creamy Vegetable	Corn Chowder	Seafood Chowder	Mushroom & Wild Rice	Sausage Gumbo	Red Curry Chicken
Soup	Spicy Beef & Rice	Chicken Orzo	Minestrone	Roasted Red Pepper	Chicken Noodle	Tuscan Bean	Garden Vegetable
	WAFFLE BAR	WAFFLE BAR	SHAWARMA	SUSHI BAR	Thai Soupe	CREPES	BRKFST PIZZA
Lunch Entrée	Brunch 	Brunch 	Beef Taco Bake	Carolina Pulled Pork Sandwiches	Pepper Steak Strips	Chicken Pot Pie	Beer Battered Fish with Tartar Sauce
Vegetarian			Spinach & Mushroom Egg White Bake	Baked Mac & Cheese	Bean & Cheese Chimichanga	Spicy Kale & Beans with Couscous	Eggplant Parmesan Casserole
Vegan			Vegan Soft Taco	Spicy Slaw	Filipino Stew		Coconut Orzo Risotto
Vegetable			Peas & Carrots	Roasted Corn	Broccoli Florets	Jardiniere Vegetable	Creamy Coleslaw
Starch			Nachos & Salsa	Tater Tots	Egg Noodles with Parsley	Baked Baby Red Potato	French Fries
Gluten Free & Allergens	<i>A modified menu offering is available at each meal!</i>						
	PASTA BAR	PASTA BAR	PASTA BAR	Quesadilla	SHAWARMA	PASTA BAR	Quesadilla
Dinner Entrée	Tandoori Chicken Thighs	Carved Brazilian Beef with Chimichurri	Seafood Newburg with Vol Au Vent	Meat Lasagna	Nori Crusted Salmon	TACO BAR 	Rosemary Roast Pork with Gravy
Vegetarian	Root Vegetable Tagine	Crispy Tofu with Sweet Chili Sauce	Mushroom En Croute	Vegetable Lasagna	Vegetarian Calzone		Cheese Tortellini with Pesto Cream
Vegan			Seven Sister Stew	Wild Rice Corn Cakes	Tofu Pad Thai		Vegan Spring Rolls
Vegetable	Roasted Parsnip	Glazed Baby Carrots	Zucchini & Peppers Sauté	Green Beans	Balsamic Root Vegetable		Cauliflower Gratin
Starch	Cilantro Basmati Rice	Creamy Scallop Potato	7 Grain Rice	Garlic Bread	Wild Rice Mix		Greek Potato Wedge
Extras	<i>Couscous and Rice of the Day available at the Chili Station</i>						

Week 2	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Eggs	Hard Boiled Eggs & Scrambled Eggs						
	<i>Made to order Breakfast Bar! Hot & Cold Cereals, Full Hot Breakfast, Omelettes & Crepes</i>						
Soup	Chefs	Chefs	Potato & Leek	Creamy Tomato Spinach	Split Pea	Curry Squash	Cajun Lentil
Soup	Choice	Choice	Six Bean	Italian Wedding	Won Ton	Chicken & Rice	Pasta Fagioli
	WAFFLE BAR	WAFFLE BAR	SHAWARMA	SUSHI BAR	THAI SOUP	CREPES	BRKFST PIZZA
Lunch Entrée			Pulled Pork Casserole	Tomato Parmesan Chicken	Baked Cod with Cajun Cream	Breaded Veal with Mushroom Marsala	Shepherd's Pie
Vegetarian			Baked Cheesy Polenta	Vegetarian Calzone	Stuffed Mashed Casserole	Baked Pierogies	Spanokopita with Tzatziki
Vegan			BBQ Tofu & Corn	Veggie Cacciatore	Lentil Loaf	Tofu Fried Rice	Ratatouille
Vegetable			Roasted Zucchini	Fresh Broccoli	Colored Carrots	Roasted Brussel Sprouts	Broccoli & Carrots
Starch				Garlic Butter Orzo	7 Grain Rice		Creamy Rice & Peas
Gluten Free & Allergens	A modified menu offering is available at each meal!						
	PASTA BAR	PASTA BAR	PASTA BAR	QUESADILLA	SHAWARMA	PASTA BAR	QUESADILLA
Dinner Entrée	Tuna Noodle Casserole Gratin	Carved Smoked Ham with Molasses Pepper Glaze	INDIAN NIGHT BUTTER CHICKEN COCONUT CURRY TOFU BASMATI RICE CURRIED CAULIFLOWER NAAN BREAD 	Hot Beef Au Jus	Hawaiian Pork Loin with Pineapple-Kiwi Salsa	CHEF CHOICE 	Sweet & Sour Chicken Drumstick
Vegetarian	General Taos Tofu & Veggies	Baked Vegetable Omelet		Mexican Rice Burrito	Vegan Lentil Shepherds Pie		Cabbage Roll Casserole
Vegan		Vegan Paella		Veggie Stir Fry			Whipped Butternut Squash
Vegetable	Chef Choice Vegetable	Mixed Vegetables		French Fries	Garlic Green Beans		Wild Rice Blend
Starch	Garlic Bread	Buttery Mashed Potatoes		Garlic Baguette	Roasted Potato		
Extras	Couscous and Rice of the Day available at the Chili Station						

Week 3	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
EGGS	Hard Boiled Eggs & Scrambled Eggs						
	<i>Made to order Breakfast Bar! Hot & Cold Cereals, Full Hot Breakfast, Omelettes & Crepes</i>						
Soup	Chefs Choice	Chefs Choice	Loaded Baked Potato	Butternut Squash	Creamy Vegetable Chowder	Broccoli & Cheese	Creamy Chicken & Wild Rice
Soup	Beef Barley & Mushroom	Cabbage & White Bean	Cajun Style Lentil	French Onion	Italian Wedding	Sausage Minestrone	Cuban Black Bean
	WAFFLE BAR	WAFFLE BAR	SHAWARMA	SUSHI BAR	Thai Soupe	CREPES	BRKFST PIZZA
Lunch Entrée			Spicy Pork Taco	Italian Turkey Meatloaf	Cranberry Dijon Chicken	Beefy Cheddar Mac Casserole	Smothered Pork Chops
Vegetarian			Vegetable Quesadilla	Vegan Chow Mein	Garden Vegetable Quiche	Baked Pasta Torta	Black Bean Cakes with Pineapple Chutney
Vegan			Black Bean Stew		Coucoucs Primavera	Polenta with Red Bean Ragout	
Vegetable			Mexican Medley	Ratatouille	Lemon Broccoli	Zucchini Sauté	Garlic Green Beans
Starch			Baked Mexican Rice	Garlic Mashed Potatoes	Roasted Baby Potato		Cheddar Mashed Potatoes
Gluten Free & Allergens	<i>A modified menu offering is available at each meal!</i>						
	PASTA BAR	PASTA BAR	PASTA BAR	QUESADILLA	SHAWARMA	PASTA BAR	QUESADILLA
Dinner Entrée	Caribbean Pork with Pineapple	Carved Turkey with Sage Cream Sauce	Beef & Mushroom Pot Pie	Baked Cajun Cod	Italian Sausage with Onion & Peppers	 Meatball Mania	Chicken & Spinach Pasta Casserole
Vegetarian	Summer Squash & Pesto Quiche	Broccoli, Cheese Rice Casserole	Vegan Paella	Mediterranean Vegetable Mac & Cheese Gratin	Eggplant with Mushrooms & Tofu		Gnocchi Casserole
Vegan	Fried Tofu with Sweet Chili Sauce	Butternut Squash & Lentils		Baked Teryaki Tofu			Moroccan Chickpea Stew
Vegetable	Roasted Root Vegetable	Chef's Choice	Zucchini Casserole	Buttered Corn	Baby Carrots with Parsley		Broccoli Florets
Starch	Citrus White Rice	Combread Stuffing	Garlic Potato Wedge	Sundried Tomato Rice Pilaf	Buttered Orzo		Garlic Bread
Extras	<i>Couscous and Rice of the Day available at the Chili Station</i>						

Week 4	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Eggs	Hard Boiled Eggs & Scrambled Eggs						
	<i>Made to order Breakfast Bar! Hot & Cold Cereals, Full Hot Breakfast, Omelettes & Crepes</i>						
Soup	Cream of Vegetable	Fire Roasted Corn	Creamy Tomato Basil	Cream of Mushroom	Cream of Carrot & Ginger	Roasted Red Pepper	Cheeseburger Chowder
Soup	Split Pea & Ham	Chicken Noodle	Tofu Pho	Harvest Vegetable & Pesto	Won Ton Soup	Italian Bean & Sausage	Turkey & Rice
	WAFFLE BAR	WAFFLE BAR	SHAWARMA	SUSHI BAR	THAI SOUP	CREPES	BRKFST PIZZA
Lunch Entrée	Brunch	Brunch	Tater Tot Casserole	Baked Herb Tilapia with Corn Succatash	Kung Pao Pork Strips	Hot Turkey Sandwiches	Chicken & Vegetable Curry
Vegetarian			Cheese Pierogies with Caramelized Onion	Spinach & Cheese Enchiladas	General Taos Cauliflower	Eggplant & Spinach Calzones	Mixed Bean Stew with Cornbread Topping
Vegan			Cantonese Stir fry with Snow Peas	Curried Tofu & Vegetables		Fried Tofu with Curry Sauce	Lentil Loaf
Vegetable			Fresh Mixed Vegetables	Heirloom Carrot Mix	Stir Fried Vegetables	Peas	Curried Cauliflower
Starch				Lemon Scented Quinoa	Fried Rice	French Fries	Coconut Basmati Rice
Gluten Free & Allergens			A modified menu offering is available at each meal!				
	PASTA BAR	PASTA BAR	PASTA BAR	QUESADILLA	SHAWARMA	PASTA BAR	QUESADILLA
Dinner Entrée	Ham with Potatoes Au Gratin	Asian Roast Pork with Sweet & Sour Sauce	Bang - Bang Chicken Drumsticks	Penne with Meatball Marinara	Herb Roasted Beef au Jus	FAJITA BAR 	Irish Beef Stew
Vegetarian	Cheese & Vegetable Strata with Corn	Vegan Red Beans & Rice with Vegetables	Greek Stuffed Potatoes	Brocoli & Cheese Quiche	Corn & Jalapeno Cakes		Mushroom Chili Stuffed Baked Potato
Vegan	Vegan Macaroni		Chickpea Falafel	Indian Potato, Peas & Cauliflower			Jasmine Rice Cakes
Vegetable	Fresh Broccoli Florets	Ginger - Soy Vegetables	Buttered Corn	Italian Mixed Vegetables	Green Bean Casserole		Roasted Parsnip
Starch		Roasted Potatoes	Basmati Rice	Curried Rice & Lentils	Baked Potatoes		Whipped Potatoes
Extras	Couscous and Rice of the Day available at the Chili Station						

Week 5	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Eggs	Hard Boiled Eggs & Scrambled Eggs						
	<i>Made to order Breakfast Bar! Hot & Cold Cereals, Full Hot Breakfast, Omelettes & Crepes</i>						
Soup	Cream of Vegetable	Creamy Mushroom Barley	Cauliflower & Cheese	Spicy Sweet Potato	Cream of Broccoli	Coconut & Black Bean	Clam Chowder
Soup	Beef Noodle	Minestrone	Curry Lentil	Chicken & Orzo	Hot & Spicy Asian	Mexican Meatball	Chicken Tortilla Soup
	WAFFLE BAR	WAFFLE BAR	SHAWARMA	SUSHI BAR	THAI SOUP	CREPES	BRKFST PIZZA
Lunch Entrée	Brunch	Brunch	Pineapple Ham	Meatball Stroganoff	Chicken Stir Fry	Cajun Shrimp Fettucinni	Mexican Meatloaf
Vegetarian			Pepper & Onion Fajita Quiche	Vegan Stuffed Peppers	Vegetable Egg Rolls	Pasta with Tomato, Spinach and Feta	Vegetable and Quinoa Cups
Vegan			Eggplant & Garbanzo Ragout		Vegan Lo Mein	Tropical Vegan Stir Fry	
Vegetable			Glazed Baby Carrot	Roasted Brussel Sprouts	Asian Blend	Fresh Broccoli	Roasted Beets
Starch			Sweet Potato Mash	Buttered Egg Noodles	Rice Pilaf	Garlic Bread	Herb Mashed Potatoes
Gluten Free & Allergens			A modified menu offering is available at each meal!				
	PASTA BAR	PASTA BAR	PASTA BAR	QUESADILLA	SHAWARMA	PASTA BAR	QUESADILLA
Dinner Entrée	Chicken & Shrimp Jambalaya	Carved Pastrami and Swiss Rye Bread	BBQ NIGHT BBQ CHICKEN LEGS HOMESTYLE MAC & CHEESE BAKED BEANS & TOFU GREEN BEAN CASSEROLE CHEDDAR POLENTA 	Apple Ginger Pork Chop	Swiss Steak with Onion Gravy	BAKED POTATO BAR 	Cod Provençal
Vegetarian	Mushroom Barley Risotto	Curry Lentil Dahl		Greek Rotini	Vegetarian Shepherds Pie		Mushroom Pot Pie
Vegan	Quinoa with Squash, Basil & Tomato			Spaghetti Squash with Tomato Sauce	Root Vegetables & Onion Couscous		Madras Vegan Curry
Vegetable	Broccoli in Cheese Sauce	Creamy Coleslaw		Braised Red Cabbage	California Blend		Roasted Winter Vegetable
Starch		French Fries		Garlic Mashed Potatoes	Spicy Roasted Potato		7 Grain Rice
Extras	Couscous and/or Rice of the Day available at the Chili Station						