

Fall 2021

MENUS ARE SUBJECT TO CHANGE

Menu key

**Sunday
19-Sep**

**Monday
20-Sep**

**Tuesday
21-Sep**

**Wednesday
22-Sep**

**Thursday
23-Sep**

**Friday
24-Sep**

**Saturday
25-Sep**

Vegetarian (V)

Vegan

May contain nuts

Gluten Free (GF)

Contains Dairy (D)

Contains Eggs (E)

Breakfast	Scrambled Eggs (E, GF)	Scrambled Eggs (E, GF)	Scrambled Eggs (E, GF)	Scrambled Eggs (E, GF)	Scrambled eggs (E, GF)	Scrambled eggs (E, GF)	Scrambled eggs (egg, GF)
Brunch on weekends	Sliced Ham (GF)	Pork Sausage Links (GF)	Sliced Ham (GF)	Pork Sausage Links (GF)	Sausage Patties (GF)	Sliced Ham (GF)	Pork Sausage Links (GF)
	Sausage Patties (GF)	Bacon (GF)	Maple sausage links (GF)	Bacon (GF)	Sliced Ham (GF)	Maple sausage links (GF)	Bacon (GF)
	Mini pancake sausage wraps (D, E)	Loaded Tator Tot Cass. (D, E, GF)	Heuvos Rancheros (D, E, GF)	Spice Choc Bk Fr Toast (D,EV)	Baked Apple Oatmeal (D, E, V)	Breakfast Quesadilla (D, E)	Pancakes D, E, V)
	Egg & Cheese Croissant (D, E)	Pumpkin Swirl Pancakes (D, E)	Cinn Swirl Fr Toast (D, E, V)	Blueberry Pancakes (D, E, V)	French Toast Sticks (D, E, V)	French Toast w/	Egg & Cheese muffin (D, E, V)
	Cheesy Breakfast Pots (D, V)	Chicken & Biscuit (D, E)	Egg & Cheese Biscuit (D, E, V)	Hash Browns (GF)	Skillot Potatoes (GF)	Strawberry topping (D, E, V)	Tator Tots (GF)
Soups	French Onion	Chicken Noodle	Beef Barley	Italian Wedding (D)	Cream of Potato Leek (D, V)	Maryland Crab	Chicken Tortilla
Hearth			Philly Cheesesteak	Reuben & Rachael	Power Bowl Bar	Cantina Bar	
Lunch		Chicken Parm w/sauce (D, E)	Sesame Ginger Chicken (D, E)	Grilled Oregano marinated chix	Chicken Nuggets	Stuffed chicken breast	
		Sicilia Blend Veggies (GF, V)	Thai Style Quinoa &	Lemon Herb Crust Tilapia €	Mac & Cheese (D, V)	w/gravy (D, E)	
		Pasta Penne (V)	Vegetable Blend (GF, V)	Herb Marinated Veg (GF)	Sloppy Joes	Baked Corn Souffle (D, E, V)	
		Eggplant Parmesan (D, E, V)	Fried Rice (GF, V)	Roasted Red Skin Pots (GF)	Sautéed Green Beans (GF)	Roasted Parmesan	
		Mixed Vegetables	Garlic Soy Snap Peas (GF)	Sautéed Spinach with Red	Roast Butternut Squash (GF)	Potato Wedges (D, V)	
		Italian Garlic Bread (D, V)	Hush Puppy Pangasius (D, E)	Onion, Feta & Barley (D, V)	Sautéed Zucchini & Squash (GF)	Balsamic Mixed Rst Veg (GF)	
		Potato Cakes (E, GF, V)	Toasted Orzo Salad (D,V)		Baked Cod (GF)		
		Roasted Veggies w/ Herb Butter (D, V)					
Dinner	Chicken Tetrizzini (D)	Ranch Style Chicken (D, GF)	Apple Marinated Smoked	Assorted Pancakes (D, E, V)	Teriyaki Chicken	Baked BBQ & Hot	Sweet Thais Basil Chicken (D)
	Fish of the day	Seafood Newburg (D)	BBQ Pork (GF)	Bacon (GF)	Thai Style Quinoa & veg blend	Chicken Drumsticks (D)	Baked Fish of the Day (GF)
	Green Beans & Mushrooms (V)	Roasted Butternut Squash	BBQ Vegan Breast (GF)	Sausage (GF)	Garlic soy mixed veggies (GF)	Fish of the day	Sesame Soy Broccoli (GF)
	Broccoli & Cheesy Rice (D, V)	Vegetable Couscous (V)	Citrus Marinated Salmon (GF)	Assorted Breakfast Sandwiches	Hush Puppy Panquiis (D, E)	Peas & Carrots (GF)	Thai Style Red Quinoa
	Parm Crusted Baked Pot (D, V)	Saffron Rice (GF)	Lemon Herb Roast Corn (D,V)	Cheesy Scrambled Eggs (D,E,GF)	Egg Fried Rice (E, V)	Sidewinder Fries (GF)	& Veggie Blend (GF)
	Honey Thyme Roasted	Braised Vegetable Lentils (GF)	Baked Potato (GF)	Home Fries (GF)	Buddha Delight veggies (V)	Garlic Mashed Pots (D, GF, V)	Steamed White Rice (GF)
	Baby Carrots (V)		Zucchini, Squash & Dried Tomatoes (GF)	Ratatouille (GF)		Country Mixed Veggies (GF)	Roasted Cauliflower (Gf)
Desserts	Assorted Cookies (D, E, V)	Assorted Cookies (D, E, V)	Assorted Cookies (D, E, V)	Assorted Cookies (D, E, V)	Assorted Cookies (D, E, V)	Assorted Cookies (D, E, V)	Assorted Cookies (D, E, V)
	PB Cup Brownies (D, E)	Rice Krispies (D, GF)	Rocky Road Pie (D)	Orange Cberry pound cake (D, E)	Fruit of the Forst Pie (D)	Funfetty Gooney Bar (D, E)	Eclairs (D, E)
	Scones (D, E)	Choc Bread Pudding (D, E)	Raspberry Blackout Bar (D, E)	Choc PB treats (D)	Plain Cheesecake (D, E)	Black Forest Cake (D, E)	Peach Pie
	Apple Pie (D)		Vanilla Cupcakes (D, E)	Apple Strudel (D, E)	Choc Brownies (D, E)	Blueberry (D, E)	Pumpkin Cupcakes (D, E)
	Blueberry Jello (GF)		Peach Crisp (D, E)	Butterscotch pudding (D, GF)	Cherry Pudding (D)	Sticky Toffee Pudding (D, E)	Raspberry Gelatin (GF)