

Cycle 2

MENUS ARE SUBJECT TO CHANGE

Menu key

	Sunday 20-Sep	Monday 21-Sep	Tuesday 22-Sep	Wednesday 23-Sep	Thursday 24-Sep	Friday 25-Sep	Saturday 26-Sep
Breakfast	Scrambled eggs (GF) (V)	Scrambled eggs (GF) (V)	Scrambled eggs (GF) (V)	Scrambled eggs (GF) (V)	Scrambled eggs (GF)	Scrambled eggs (GF) (V)	Scrambled eggs (GF)
Brunch on weekends	Sliced ham (GF) Sausage patties (GF) Apple cinnamon brd stix (V) Egg & cheese croissant (V) Cheesy breakfast potatoes (V)(CD)	Pork sausage links (GF) Bacon (GF) Pancakes (V) Veggie stuffed hash brown (V)(CD) Home sliced fries	Sliced ham (GF) Chorizo sausage patties (GF) Cinnamon swirl French toast (V)(CD) Egg & cheese biscuit (V) Tator tot sticks (GF) (V)	Pork sausage links Bacon (GF) M&M Pancakes (V) (CD) Egg & cheese on muffin (V) Hash browns (GF) (V)	Sausage patties Sliced ham (GF) Crème Brule French toast (V)(CD) Egg & cheese croissant (V) Skillet potatoes (GF) (V)	Sliced ham (GF) Pork sausage patties (GF) Fr toast w/b berry topping (V)(CD) Egg & cheese biscuit (V) Home fries (GF) (V)	Pork sausage links (GF) Bacon (GF) French toast(V)(CD) Egg & cheese on muffin (V) Tator tots (V)
Soups	Chicken Tortilla (CD)	Tuscan minestrone (CD)	Beef barley	Egg Drop	Chicken Corn	Maryland Crab	Chicken Tortilla (CD)
Hearth		Slider bar	The Melts bar	Dip bar	Hot Dog bar	Spanish style rice bowls	
Lunch		Meat/veggie lasagna (CD) Sicilian blend veggies (GF) Meatball sub (CD) Sautéed onions/peppers Garlic bread (V) (CD)	Pierogis (V) (CD) Cascade blend veggies (GF) Roasted red skin potatoes (GF) Fried chicken (CD) Corn (GF)	General Tso's Chicken(CD) Mandarin blend veggies (GF) Fried rice (GF) Thai spring rolls (V) Fish Du Jour Steamed snap peas (GF) Steamed rice (GF)	Chicken tenders (CD) Mac & Cheese (V) (CD) Sautéed green beans (GF) Fish Du Jour Mashed Red Skinned Potatoes (GF) (V) (CD)	Shredded beef & Adobo chicken (GF) Veggie crumbles Lime scented rice (GF) Black bean salsa (GF) Roasted corn salsa (GF) Spanish rice (GF)	
Dinner	Kielbasa, bratwurst, hot dogs (GF) Braised red cabbage (GF) Fried potatoes, bacon & onions (GF) Pork cabbage rolls (GF) Herbed Spätzle (V) (CD) Honey thyme carrots (GF)	Seafood Gumbo (GF) Roasted corn mix (GF) Black beans & rice (GF) Baked Caribbean style fish (GF) Steamed rice (GF) Braised collard greens (GF) Lettuce (GF) (CD) Remoulade (GF) (CD)	Smoked honey Habanero baby back ribs (GF) Roasted Balsamic (GF) Brussel sprouts Steamed corn (GF) Breaded fish de jour Cheesy Ranch potatoes (GF)(CD) Roasted broccoli (GF)	Chicken Tikka Masala (GF)(CD) Roasted seasonal veggies (GF) Steamed Basmati & Cardamom rice (GF) Steamed fish banana leaves (GF) Garlic Naan bread (V) Braised lentils (GF)	Swedish meatballs (CD) Buttered noodles (V)(CD) Crab patty stuffed fish Broccoli (GF) Hearty grains (GF) Potato cakes	Baked BBQ & hot chicken drumsticks Pas & carrots (GF) Sidewinder fries (V) Fried potato crusted cod (CD) Garlic mashed potatoes (GF) (V)(CD) Country mixed veggies (GF)	Sweet Thai Basil Chicken (GF) Sesame Soy Broccoli (GF) Thai Style Red Quinoa & Vegetable blend (GF) Baked fish of the day Steamed white rice (GF) Roasted cauliflower (GF)
Desserts	Assorted cookies (CD) Toffee Bar (CD) Banana Choc chip brd (CD)	Assorted cookies (CD) Grand slam bars (CD)	Assorted cookies (CD) PB Cookie tart (CD) Sweet tea cake (CD)	Assorted cookies(CD) Chocolate cupcakes(CD) Apple pie (CD)	Assorted cookies (CD) Blueberry Buckle (CD) Salted caramel Krispies (CD)	Assorted cookies(CD) Blueberry pie(CD) Cookie crunch brownie(CD)	Assorted cookies (CD) Tiramisu Brownie (CD) Cinn pumpkin pecan muffin (CD)

Vegetarian (V)

Vegan

May contain nuts

Contains honey

Gluten Free (GF)

Contains Dairy (CD)