

Cycle 1

MENUS ARE SUBJECT TO CHANGE

Menu key

	Sunday 13-Sep	Monday 14-Sep	Tuesday 15-Sep	Wednesday 16-Sep	Thursday 17-Sep	Friday 18-Sep	Saturday 19-Sep
Breakfast	Scrambled eggs (GF)	Scrambled eggs (GF) (V)	Scrambled Eggs (V)	Scrambled eggs (GF) (V)	Scrambled eggs (GF) (V)	Scrambled eggs (GF) (V)	Scrambled eggs (GF) (V)
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)	Chorizo sausage patties (GF)	Bacon (GF)	Sliced ham (GF)	Pork sausage patties (GF)	Bacon (GF)
	Apple Cinnamon brd stix (V)	Pancakes (V) (CD)	Cinn. Swirl French toast (V) (CD)	M&M Pancakes (V) (CD)	Crème Brule French toast (V)(CD)	French toast w/ strawberry topping (V) (CD)	French toast (V) (CD)
	Egg & cheese croissant (V)	Veggie stuffed hash browns (V)(CD)	Egg & cheese biscuit (V)	Egg & cheese on muffin (V)	Egg & cheese croissant (V)	Egg & cheese biscuit (V)	Egg & cheese on muffin (V)
	Cheesy breakfast potatoes (V)(CD)	Home Fries (GF) (V)	Tator tot sticks (GF) (V)	Hash Browns (GF) (V)	Skillet potatoes (GF) (V)	Tator tots	
Soups	French Onion	Chicken Noodle	Classic Tomato (V)	Italian Wedding (CD)	Cream of Potato Leek(CD)	N.E. Clam Chowder (CD)	Minestrone
Hearth			Reuben & Rachael	Philly Cheesesteak			
Lunch		Chicken Parmesan (CD)	Grilled Oregano	Sesame Ginger Chicken (GF)	Chicken nuggets (CD)	Beef & Chicken tacos	
		Sicilian blend veggies (GF)	Marinated chicken (GF)	Thai Style Quinoa & veggie blend/fried rice (GF)	Mac& cheese (V) (CD)	Mexican style rice (GF)	
		Pasta Penne (V)	Herbed marinated veggies (GF)	Garlic soy snap peas (GF)	Sautéed green beans (GF)	Refried beans (GF)	
		Eggplant Parmesan (V)(CD)	Roasted red skin potatoes (GF)	Hush Puppy Panqaius (CD)	Sloppy Joes	Vegetable crumble taco	
		Mixed Veggies (GF)	Lemon herb crusted Tilapia	Potato cake (V)	Roasted butternut squash (GF)	Baked stuffed sweet potato w/corn and black beans (GF)	
		Italian Garlic Bread (V)(CD)	Sautéed spinach (GF) (V) (CD)	Roasted veggies w/herb butter (GF) (V) (CD)	Sautéed green beans (GF)		
			Toasted Orzo, salad				
Dinner	Chicken Pot Pie	Chicken Tagine (GF)	Apple marinated smoked BBQ pork (GF)	Breakfast @ dinner	Steak & fries (GF)	Baked BBQ & Hot	Chicken Souvlaki (GF)
	Green beans & mushrooms (GF) (V)	Roasted Butternut squash (GF)	Lemon herb roasted corn (GF)	Assorted pancakes (V)(CD)	Roasted red skin potatoes (GF)	Chicken drumsticks	Tabbalouh Salad
	Broccoli & cheesy rice(CD)	Vegetable Couscous	BBQ Vegan breast	Bacon & Sausage (GF)	Exotic grains w/ fire roasted veggie blend	Peas & carrots (GF)	Grilled herb rubbed pitas
	Potato crusted cod(CD)	Seafood Paella (GF)	Citrus marinated salmon (GF)	Home Fries (GF)	Roasted wild salmon (GF) (CD)	Sidewinder fries (V)	Chickpea Ratatouille
	Baked potato (GF)	Saffron Rice (GF)	Baked potatoes (GF)	Cheesy scrambled eggs (GF) (V)(CD)	Hearty grains w/ wild mushrooms (GF)	Fried cod	Lyonnais potatoes (V) (CD)
	Honey Thyme Roasted baby carrots (GF)	Braised vegetable lentils (GF)	Zucchini, squash, & diced tomatoes (GF)	Ratatuouille (GF)	Green bean Almandine (GF)	Garlic mashed potatoes (GF) (CD)	Caramelized onions & French beans (GF)
Desserts	Assorted cookies (CD)	Assorted cookies (CD)	Assorted cookies (CD)	Assorted cookies (CD)	Assorted cookies (CD)	Assorted cookies (CD)	Assorted cookies (CD)
	Gooley chocolate pretzel bar (CD)	Chocolate brownies (CD)	Almost Candy bar (CD)	Raspberry oat bars (CD)	Mocha crunch bar (CD)	PB Chocolate chip bars (CD)	Apple Nut Toffee bread (CD)
	Scones (CD)		Sugar free cookies (CD)	Chocolate croissants (CD)	Toffee pecan bundt cake (CD)	Whoopie pies (CD)	Cookies & cream cake(CD)
			Banana cupcakes (CD)				

Vegetarian (V)

Vegan

May contain nuts

Contains honey

Gluten Free (GF)

Dairy Free (DF)