

Week 1 Menu

Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Daily Breakfast Features	Eggs, any style with bacon, sausage & hashbrowns	Eggs, any style with bacon, sausage & hashbrowns	Eggs, any style with bacon, sausage & hashbrowns	Eggs, any style with bacon, sausage & hashbrowns	Eggs, any style with bacon, sausage & hashbrowns	All Day Breakfast	All Day Breakfast
	Assorted hot and cold cereal / Smoothie/Waffle Bar	Assorted hot and cold cereal / Smoothie/Waffle Bar	Assorted hot and cold cereal / Smoothie/Waffle Bar	Assorted hot and cold cereal / Smoothie/Waffle Bar	Assorted hot and cold cereal / Smoothie/Waffle Bar	Assorted hot and cold cereal / Smoothie/Waffle Bar	Assorted hot and cold cereal / Smoothie/Waffle Bar
Breakfast Special	Blueberry Pancakes with Maple Syrup	Mexican Frittata	French Toast Casserole	Breakfast Pizza	Omelet bites	Brunch	Brunch
Lunch	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soups	Minestrone	Cream of Spinach	Chicken Noodle	Beef Vegetable	Chinese Broth	California Bean Soup	French Onion Soup
	Cream of Carrot	Hearty Beef & Vegetables	Country Tomato Soup	Cream of Celery	Pea Soup	Tomato & Rice	Potato Chowder
Salad Bar	Greek Salad	Bacon Horseradish Potato Salad	Tabbouleh Salad	Asian Green Mixed Salad	Asian Noodle	Elbow Macaroni	Jalapeno Coleslaw
Pizza	Pepperoni / Pepperoni & Sicilian BBQ Chicken	All dressed / Broccoli and Cheddar	Pepperoni / Jerk Chicken	Vegetarian / Caprese Melt	Pepperoni / 3 Cheese	Meat lovers / Mushroom, Sundried Tomato	3 Cheese / Peppers, Onions Mushrooms
Comfort Food	Sesame Chicken with steamed rice	Toasted Croque Monsieur	Texas chili, Spanish rice and corn chips	Hot Turkey Sandwich	Korean Beef Broccoli with steamed rice	Brunch	Brunch
Grill	Grilled Hot Dog with Spicy Curly Fries	BBQ Pulled Pork Sandwich with Creamy Coleslaw	Grilled Cheese on Texas Toast	Beef Souvlaki	Swiss Cheeseburger	Brunch	Brunch
Boulangerie	Boston Cream Napoleon Assorted: Muffins, Danish, Croissants, Scones and Fresh Whole Fruit	Cherry Orchard Cups Assorted: Muffins, Danish, Croissants, Scones and Fresh Whole Fruit	Marble Pound Cake Assorted: Muffins, Danish, Croissants, Scones and Fresh Whole Fruit	Assorted: Muffins, Danish, Croissants, Scones and Fresh Whole Fruit	Brownie, Cupcake Assorted: Muffins, Danish, Croissants, Scones and Fresh Whole Fruit	Special of the day Assorted: Muffins, Danish, Croissants, Scones and Fresh Whole Fruit	Special of the day Assorted: Muffins, Danish, Croissants, Scones and Fresh Whole Fruit
Deli Bar	Shredded Beef on Parisian Bread, Turkey, Egg Salad and Chicken Salad	Basil Roma Baguette, Beef, Turkey, Hummus and Tuna	Classic Ham and Turkey Combo Plate, Beef, Turkey, Egg Salad and Chicken Salad	Turkey with Cranberry Mayo on Baguette, Beef, Turkey, Hummus and Tuna	Classic Cuban, Beef, Turkey, Egg Salad and Chicken Salad	Assorted Sub, Beef, Turkey, Hummus and Tuna	Lone Star Turkey Club, Beef, Turkey, Egg Salad and Chicken Salad
Vegan /Vegetarian	Mixed Vegetables	Grilled Vegetable Cous Cous	Mexican Corn	Broccoli	Stir Fried Snap Peas	Tomato and Noodle Casserole	Multigrain Salad with Beans
	Stir Fried Bok Choy	Baba Ghanoush with Pita	Nacho Salad	Lentil Vegetable Salad	Vegetable Fried Rice	Garlic Bread	Crispy Marinated Tempeh Bites
	Marinated Grilled Tofu on Singapore Noodles	Roasted Vegetables	Black Bean Salsa	Rice Pilaf	Sweet & Sour Tofu	Steamed Green Beans	Stir Fried Peppers and Onions
Dinner	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Salad Bar	Greek Salad	Bacon Horseradish Potato Salad	Cajun Salmon Salad	Asian Green Mixed Salad	Mediterranean White Bean Salad	Elbow Macaroni Salad	Jalapeno Coleslaw
Pizza	Pepperoni / Sicilian BBQ Chicken	All Dressed / Broccoli and Cheddar	Pepperoni / Chicken Parm	Vegetarian / Bacon Mushroom	Pepperoni / Bruschetta	Meat Lovers / Mushroom & Sundried Tomato	3 Cheese / Seven Heaven
Dinner	Sautéed Perogies with Bacon & Onions	Chicken Wings with Mild or Hot BBQ sauce	Pasta Bar with Marinara & Alfredo sauces	Beef Taco Salad Bowl	Pancake Night: blueberry, strawberry & chocolate chip	Asian chicken stir fry	Potato pancakes wit sour cream & assorted toppings
Comfort Food	Roast Turkey, mini red potatoes & sautéed mixed squash	Baked Cheese Tortellini with Alfredo sauce & garlic bread	Carved Roast Lamb, Scallop Potatoes & Green Peas	Chicken Penne Prima with Breadsticks	Rotisserie Seasoned Chicken, Wild Rice Pilaf, Sautéed Green Beans & Sweet Corn Muffin	Spaghetti & Meat sauce with fresh baked rolls	Home-style Meatloaf w / Smashed Potatoes & gravy
Grill	Chicken Quesadillas with House Made Guacamole & Salsa	Eggplant parmesan with garlic bread	Bacon Cheese Burger with Beefeater Fries	Adobo pork quesadilla and grilled zucchini	Baked Tilapia with rice pilaf	Churrasco Grilled Flank Steak with Sautéed Garlic Broccoli	Italian sausage with spicy mustards, onions & peppers
Boulangerie	Boston Cream Napoleon, Assorted Jellos & Puddings, Assorted Trifles, Peach Pie	Cherry Orchard Cups, Assorted Jellos & Puddings, Assorted Trifles, Blueberry Pie	Vanilla Pound Cake, Assorted Jellos & Puddings, Assorted Trifles, Strawberry flan	Assorted Jellos & Pudding, Chocolate Pudding Pie, Assorted Trifles	Brownie Cupcake, Assorted Jellos & Puddings, Assorted Trifles, Warm cinnamon Buns	Special of the day , Assorted Jellos & Puddings, Assorted Trifles, New Orleans Bread Pudding	Special of the day , Assorted Jellos & Puddings, Assorted Trifles, Vanilla Cake
Deli Bar	Roast Beef on Parisian Bread, Ham Turkey, Egg Salad and Chicken Salad	Basil Roma Baguette, Beef, Turkey, Hummus and Tuna	Classic Ham and Turkey Combo Plate, Beef, Turkey, Egg and Chicken Salad	Turkey with Cranberry Mayo on Baguette, Beef, Turkey, Hummus, and Tuna	Classic Cuban, Beef, Turkey, Egg and Chicken Salad	Assorted Sub, Beef, Turkey, Hummus and Tuna	Lone Star Turkey Club, Beef, Turkey, Egg Salad and Chicken Salad
Vegan /Vegetarian	Mixed Vegetables	Roasted Squash	Corn	Broccoli	Mediterranean White Bean Salad	Lemon Garlic Cilantro Penne	Mushroom Risotto
	Greek Quinoa Bowl	Vegetarian Chili	Crispy Cauliflower	Roasted Potato	Mushroom Fried Rice	Bruschetta Flatbread	Roasted Tomato
	Pita Bread with Hummus	Multigrain Brown Rice	Red Curry Noodles with Tofu and Veggies	Chick Pea Stew	Sweet & Sour Tofu	Roasted Brussel Sprouts	Sautéed Broccoli

Team Favourite Items are highlighted in Green

Week 2 Menu

Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Daily Breakfast Features	Eggs, any style with bacon, sausage & hashbrowns	Eggs, any style with bacon, sausage & hash browns	Eggs, any style with bacon, sausage & hash browns	Eggs, any style with bacon, sausage & hash browns	Eggs, any style with bacon, sausage & hash browns	All day Breakfast	All Day Breakfast
	Assorted hot and cold cereal / Smoothie/Waffle Bar	Assorted hot and cold cereal / Smoothie/Waffle Bar	Assorted hot and cold cereal / Smoothie/Waffle Bar	Assorted hot and cold cereal / Smoothie/Waffle Bar	Assorted hot and cold cereal / Smoothie/Waffle Bar	Assorted hot and cold cereal / Smoothie/Waffle Bar	Assorted hot and cold cereal / Smoothie/Waffle Bar
Breakfast Special	Warm Onion & Bacon Scones	Strawberry Pancakes with crème fraiche	Cinnamon French Toast	Bacon or Sausage Breakfast Wrap	Vegetarian Quiche	Brunch	Brunch
Lunch	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soups	Turkey & Rice	Tuscan Vegetables	Beef & Barley	Creole Gumbo Soup	Caramelized Onion	Cream of Mushroom	Thai Broth
	Hungarian Goulash	New England Clam Chowder	Cheddar Cheese	Roasted Garlic & Asparagus	Baked Fisherman's Chowder	Asian Chicken Noodle	Potato & Roasted Corn
Salad Bar	Marinated Cucumber Salad	Bayou Slaw	Grilled Vegetable Salad	Tuna penne salad	Italian Pesto Pasta Salad	Mongolian Beef Salad	Madras Potato and Pea Salad
Pizza	Pepperoni / Beef & Broccoli	All Dressed / Cajun	Pepperoni / Feta Cheese and Spinach	Vegetarian / Pizza Sub	Pepperoni / Vegetable Calzone	Meat lovers / Mediterranean	Pepperoni / 3 Cheese
Comfort Food	Seafood Newburg, Basmati Rice and Broccoli Florets	Pasta & Meat Sauce au gratin with Parmesan oregano bread	Chicken and Ham Jambalaya, Jasmine Rice and Green Beans	Vegetable Rotini Casserole	Puerto Rican Beef Stew, Egg Noodles and Zucchini with Basil	Brunch	Brunch
Grill	Philly Cheese Steak with Peppers and Onions	Liver & onions with roasted potatoes	Bacon cheddar burger with battered onion rings	Monte Cristo Sandwich	Grilled Cajun Tilapia with sautéed vegetables	Brunch	Brunch
Boulangerie	Blueberry Short Cake Assorted: Muffins, Danish, Croissants, Scones and Fresh Whole Fruit	Chocolate Mousse Tart Assorted: Muffins, Danish, Croissants, Scones and Fresh Whole Fruit	Lemon Chiffon Cake Assorted: Muffins, Danish, Croissants, Scones and Fresh Whole Fruit	Apple Raisin Cobbler Assorted: Muffins, Danish, Croissants, Scones and Fresh Whole Fruit	Maryanne Sponge Cake Assorted: Muffins, Danish, Croissants, Scones and Fresh Whole Fruit	Special of the day Assorted: Muffins, Danish, Croissants, Scones and Fresh Whole Fruit	Special of the day Assorted: Muffins, Danish, Croissants, Scones and Fresh Whole Fruit
Deli Bar	Grilled Vegetable on Croissant, Beef, Turkey, Egg Salad and Chicken Salad	Grilled Ham and Cheese, Beef, Turkey, Hummus and Tuna	Salami Cream Cheese Tapenade, Beef, Turkey, Egg Salad and Chicken Salad	Grilled Cheese and Tomato, Beef, Turkey, Hummus and Tuna	English Muffin Tuna Melt, Beef, Turkey, Egg Salad and Chicken Salad	Greek Baguette, Beef, Turkey, Hummus and Tuna	Carolina Pork, Beef, Turkey, Egg Salad and Chicken Salad
Vegan Vegetarian	Oriental Veggies in Wasabi Broth	Pasta & Marinara Sauce au gratin	Mandarin Orange and Cranberry Quinoa Salad	Mexican Stuffed Sweet Potato	Seasoned Rice Noodles	Baked Rigatoni with Peppers & Spinach	Green Beans with Tomatoes & Garlic
	Coconut Rice	Garlic Bread	Roasted Squash	Black Beans and Rice	Veggie Pot Stickers with Sweet Chili Sauce	Broccoli	Herbed Mash Potatoes
	Sesame Soya Tofu	Steamed Broccoli	Garlic Hummus and Flatbread	Sweet Corn	Stir Fried Asian Veggies	Stuffed Tomatoes	Quinoa Loaf
Dinner	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Salad Bar	Marinated Cucumber Salad	Tabbouleh Salad	Grilled Vegetable Salad	Tri-Colored Rotini Salad	Italian Pesto Pasta Salad	Mongolian Beef Salad	Madras Pot and Pea Salad
Pizza	Pepperoni / Beef & Broccoli	All dressed / Cajun	Pepperoni / Feta Cheese and Spinach	Vegetarian / Pizza Sub	Pepperoni / Vegetable Calzone	Meat lovers / Mediterranean	Pepperoni / 3 Cheese
Dinner	Chicken Taco Soft Shell	Baked Potato Bar w / Toppings	Grilled Chicken Caesar	Mexican Tostadas	Seafood Crepes	Aloo Gobi Cauliflower & Potatoes	Black Bean Nachos
Comfort Food	Kung Pao Chicken with Rice	Roast Turkey, Garlic Mashed & Sautéed Green Beans	Four Cheese Pasta/Tomato Casserole	Carved Roast Beef, Baby Roasted Potatoes, Whole Green Beans	Baked Lasagna with Asiago Garlic Rolls	Lemon Pepper Roasted Chicken, Jasmine Rice & Glazed Carrot	Hungarian Pork Goulash over Linguini with Tomatoes and Okra
Grill	Chili Dogs with Sautéed Onions and Cheese	Grilled Ham and Cheese	Chicken Club Burgers with Bacon, Lettuce and Tomatoes	Pork Souvlaki	Panko Crusted Tofu, Ancho Chili Chips	Reuben Sandwich	Deluxe Swiss Mushroom Burger
Boulangerie	Blueberry Short Cake, Assorted Jell-O & Puddings, Assorted Trifles, Cherry Pie	Chocolate Mousse Tart, Assorted Jell-O & Puddings, Assorted Trifles, Pecan Pie	Lemon Chiffon Cake, Assorted Jell-O & Puddings, Assorted Trifles, Chocolate Pie	Apple Raisin Cobbler, Assorted Jell-O & Puddings, Assorted Trifles, Lemon Pie	Sponge Cake, Assorted Jell-O & Puddings, Assorted Trifles, Cheesecake	Special of the day, Assorted Jell-O & Puddings, Assorted Trifles, New Orleans Bread Pudding, Crème Brûlée	Special of the day, Assorted Jell-O & Puddings, Assorted Trifles, Brownies
Deli Bar	Grilled Vegetable on Croissant, Beef, Turkey, Egg Salad and Chicken Salad	Grilled Ham and Cheese, Beef, Turkey, Hummus, and Tuna	Salami Cream Cheese Tapenade, Beef, Turkey, Egg Salad and Chicken Salad	Grilled Canadian Cheddar Cheese and Tomato, Beef, Turkey, Hummus and Tuna	Feta Cheese & Red Onion on Baguette, Beef, Turkey, Egg Salad and Chicken Salad	Greek Baguette, Beef, Turkey, Hummus and Tuna	Carolina Pork, Beef, Turkey, Egg Salad and Chicken Salad
Vegan / Vegetarian	Mixed Vegetables	Steamed Broccoli	Brussels Sprouts With Sunflower Seeds	Dilled Cauliflower	Vegetable Curry	Vegetarian Frittata	Corn & Peppers
	Vegetable Protein Sicilian Caponata	Cumin Carrots and Cous Cous	Spaghetti Squash	Sweet Peas and Lentil Stew	Naan Bread	Quinoa Stuffed Pepper	Chipotle Green Beans
	Seasoned Rice	Lentil and Red pepper stew	Rice Pilaf	Roasted Sweet Potatoes	Curried Cauliflower	Lemon Oregano Potatoes	Roasted Potatoes

Team Favourite Items are highlighted in Green

Week 3 Menu

Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Daily Breakfast Features	Eggs, any style with bacon, sausage & hash browns	Eggs, any style with bacon, sausage & hash browns	Eggs, any style with bacon, sausage & hash browns	Eggs, any style with bacon, sausage & hash browns	Eggs, any style with bacon, sausage & hash browns	All day Breakfast	All Day Breakfast
	Assorted hot and cold cereal / Smoothie/waffle Bar	Assorted hot and cold cereal / Smoothie/waffle Bar	Assorted hot and cold cereal / Smoothie/waffle Bar	Assorted hot and cold cereal / Smoothie/waffle Bar	Assorted hot and cold cereal / Smoothie/waffle Bar	Assorted hot and cold cereal / Smoothie/waffle Bar	Assorted hot and cold cereal / Smoothie/waffle Bar
Breakfast Special	Homemade Apple Cinnamon Rolls	Breakfast Pizza	Banana Pancakes	Bacon Cheddar Scones	Individual Breakfast Bake	Brunch	Brunch
Lunch	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Tomato Basil	Chicken Noodle	Mexican Chili Soup	Beef & Rice	Chick pea, Mushroom & Sage	Butter Bean with Bacon	Chicken Vegetable
	Leek & Sweet Potato	Hungarian Cauliflower	Cream of Asparagus	Roasted Corn	Cream of Chicken	Cream of Broccoli	Cream of Tomato
Salad Bar	Chick Pea and Feta Salad	Brazilian Black Bean Salad	Greek Macaroni Salad	Gazpacho Salad	Carrot and Raisin Salad	Marinated Mushroom Salad	Southwestern Chicken Salad
Pizza	Pepperoni / BBQ Chicken Roletto Calzone	All dressed / California Veggie	Pepperoni / Mushroom and Cheese Calzone	Vegetarian / Tuna Melt	Pepperoni / Mexican	Meat lovers / Cajun	3 Cheese / Sausage
Comfort Food	Chicken Stew with Basmati rice	Hot Roast Beef Sandwich	Crispy Orange Chicken with rice	Pork Stroganoff, Cuban yellow Rice, green beans	Chicken Tikka Masala	Brunch	Brunch
Grill	Chicken Quesadilla with Guacamole and Salsa	Grilled Reuben Sandwich	Charbroiled Mexican Hamburgers	Marinated Grilled Chicken Breast, Roasted Potatoes	Ballpark Dogs w / Chili & Cheese Sauce	Brunch	Brunch
Boulangerie	Brownies, Cup Cakes Assorted: Muffins, Danish, Croissants, Scones and Fresh Whole Fruit	Strawberry Short Cake Assorted: Muffins, Danish, Croissants, Scones and Fresh Whole Fruit	Tiramisu / Assorted: Muffins, Danish, Croissants, Scones and Fresh Whole Fruit	Lemon Sponge Custard Assorted: Muffins, Danish, Croissants, Scones and Fresh Whole Fruit	Carrot Cake / Assorted: Muffins, Danish, Croissants, Scones and Fresh Whole Fruit	Special of the day Assorted: Muffins, Danish, Croissants, Scones and Fresh Whole Fruit	Special of the day Assorted: Muffins, Danish, Croissants, Scones and Fresh Whole Fruit
Deli Bar	Pizza Sub, Beef, Turkey, Egg Salad and Chicken Salad	Beef Cheddar Wrap, Beef, Turkey, Hummus and Tuna	Grilled Vegetables & Tomato Pesto, Beef, Turkey, Egg Salad and Chicken Salad	Ham & Swiss Cheese on Baguette, Beef, Turkey Hummus and Tuna	Goat Cheese & Tuna on Panini, Beef, Turkey, Egg Salad and Chicken Salad	Canadian Beef Sub, Turkey, Hummus and Tuna	Breaded Chicken Sandwich, Beef, Turkey, Egg Salad and Chicken Salad
	Broccoli with Lemon Pepper	Vegan Poutine	Herbed Tofu Cottage Cheese	Szechuan Veggie stir-fry	Cabbage Roll with Vegetable Protein	Veggie Quesadilla	Broccoli
	Cous Cous	Peas and Carrots	Sliced Peaches	Jasmin Rice	Multigrain Rice	Roasted Potatoes, Okra & Onions	Tomatoes Stew with Tofu
	Mediterranean Stew with Chick Peas	Roasted Zucchini with Tomatoes and Garlic	Grilled Flatbread	Green Beans with Sunflower seeds	Mixed Vegetables	Cilantro Cole Slaw	BYOP Bar With Toppings
Dinner	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Salad Bar Feature	Chick Pea and Feta Salad	Brazilian Black Bean Salad	Greek Macaroni Salad	Gazpacho Salad	Carrot and Raisin Salad	Marinated Mushroom Salad	Southwestern Chicken Salad
Daily Pizza	Pepperoni	All dressed	Pepperoni	Vegetarian	Pepperoni	Meat lovers	3 Cheese
Daily Pizza Feature	BBQ Chicken Roletto Calzone	California Veggie	Mushroom and Cheese Calzone	Vegetarian Melt	Mexican	Cajun	Sausage
Dinner Feature	Vegetable Fajitas	Potato Pancakes with toppings/sour cream	Pasta bar, Marinara & Alfredo sauces	Nachos Supreme	Grilled Chicken Caesar Salad	Szechwan Chicken Wrap	Spaghetti with tomato or meat sauce
Comfort Food	Roast Pork, Mini Red Potatoes with Braised Cabbage	Baked Ziti with Tomato Sauce, Garlic Bread	Carved Roast Pork, Pasta Primavera, Broccoli, Polenta	Indian red lentil curry	Roast Chicken, Boiled Potatoes, Glazed Turnips	Chinese Plate, Egg Rolls, Breaded pork, Rice	Glazed Ham, Cauliflower with Morney Sauce, Mini Red Potatoes
Grill	Chili Dogs with Cheese	Flank Steak with Sautéed Mushrooms	Sliced Corned Beef on Toasted Rye Bread	Grilled Pork Chop with Roasted Italian Vegetables	Citrus Spiced Tilapia, Basmati Rice and Curried Eggplant	Grilled Chicken Legs with Chimichurri Potatoes	Banger Sausage with Onions & Sauerkraut
Boulangerie	Brownies, Cup Cakes, Assorted Jell-O's, Puddings & Trifles, Peach Pie	Strawberry Short Cake, Assorted Jell-O's, Puddings & Trifles, Pumpkin Pie	Tiramisu, Assorted Jell-O's, Puddings & Trifles, Gluten Free Brownies	Lemon Sponge Custard, Assorted Jell-O's, Puddings & Trifles, Rice Pudding	Carrot Cake, Assorted Jell-O's, Puddings & Trifles, Chocolate Cupcakes	Special of the day, Assorted Jell-O's, Puddings & Trifles, Pecan Tarts	Special of the day, Assorted Jell-O's, Puddings & Trifles, Peach Cobbler
Deli Bar	Pizza Sub, Beef, Turkey, Egg Salad and Chicken Salad	Beef Cheddar Wrap, Beef, Turkey, Hummus, and Tuna	Grilled Vegetables & Tomato Pesto, Beef, Turkey, Egg and Chicken Salad	Ham & Swiss Cheese on Baguette, Beef, Turkey, Hummus, and Tuna	Goat Cheese & Tuna on Panini, Beef, Turkey, Egg and Chicken Salad	Assorted Sub Beef, Turkey, Hummus, and Tuna	Breaded Chicken Sandwich, Beef, Turkey, Egg and Chicken Salad
Vegan/Vegetarian	Veggie Pad Thai	Vegetable Ragout	Veggie Dogs on Whole Wheat Buns	Black Bean Burger Patties	Tempeh Dippers with Assorted Dips	Mac n' Cheese with Cauliflower Sauce	Warm Quinoa Bowl with Creamy Tahini Dressing
	Rice Noodles	Zucchini with Tomatoes & Garlic	Dilled Sauerkraut	Rice Pilaf	Mashed Herbed Potatoes	Crispy Roasted Brussels Sprouts	Falafel
	Sautéed Peppers and Onions	Roasted Potatoes	Roasted Carrots	Roasted Seasonal Veggies	Steamed Broccoli	Sweet Potato Fries	Crispy Cauliflower

Week 4 Menu

Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Daily Breakfast Features	Eggs, any style with bacon, sausage & hash browns	Eggs, any style with bacon, sausage & hash browns	Eggs, any style with bacon, sausage & hash browns	Eggs, any style with bacon, sausage & hash browns	Eggs, any style with bacon, sausage & hash browns	All day Breakfast	All Day Breakfast
	Assorted hot and cold cereal / Smoothie/Waffle Bar	Assorted hot and cold cereal / Smoothie/Waffle Bar	Assorted hot and cold cereal / Smoothie/Waffle Bar	Assorted hot and cold cereal / Smoothie/Waffle Bar	Assorted hot and cold cereal / Smoothie/Waffle Bar	Assorted hot and cold cereal / Smoothie/Waffle Bar	Assorted hot and cold cereal / Smoothie/Waffle Bar
Breakfast Special	Breakfast Pizza with Bacon	Homemade Apple Fritters	Sausage Breakfast Tortilla Wrap	Cinnamon Churros	Fried Egg and Cheese Sandwich	Brunch	Brunch
Lunch	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	New England Clam Chowder	Chicken Noodle	Creole Gumbo	Beef Vegetable	Seafood Chowder	Cream Of Carrot	Turkey And Rice
	French Onion	Cream of mushroom	Corn Chowder	Country Tomatoed	Minestrone	Beef N Barley	Cream Of Broccoli
Salad Bar	Fresh Mozzarella Penne Salad	Bayou Slaw	Asian Noodle	Bacon Horseradish Potato Salad	Marinated Vegetable Salad	Pasta Salad	Mongolian Beef Salad
Pizza	Pepperoni / Beef, Onion and Cheddar Cheese	All Dressed / Chicken Focaccia	Pepperoni / Jerk Chicken	Pepperoni / Roasted Vegetable and Garlic	Pepperoni / Greek	Meat Lovers / Works	3 Cheese / Bacon Mushroom
Comfort Food	Indian Butter Chicken	Pasta With Meat Sauce Parmesan Oregano Bread	Hot Turkey Sandwich W/ Skin On Fries	Seafood Newburg Basmati Rice W/Broccoli Florets	Battered Haddock And Fries	Brunch	Brunch
Grill	Pulled Pork on a Bun	Liver And Onions W/ Garlic Roasted baby Red Potatoes	Bacon Cheddar Burger	Philly Cheese Steak W/ Peppers and Onions	Grilled Hot Dogs Spicy Fries	Brunch	Brunch
Boulangerie	Buried Treasure Crème Flan, Assorted: Muffins, Danish, Croissants, Scones and Fresh Whole Fruit	Marble Pound Cake Assorted: Muffins, Danish, Croissants, Scones and Fresh Whole Fruit	Boston Cream Napoleon, Assorted: Muffins, Danish, Croissants, Scones and Fresh Whole Fruit	Brownie Cupcake / Assorted: Muffins, Danish, Croissants, Scones and Fresh Whole Fruit	Apple Raisin Cobbler Assorted: Muffins, Danish, Croissants, Scones and Fresh Whole Fruit	Special Of the Day Assorted: Muffins, Danish, Croissants, Scones and Fresh Whole Fruit	Special Of the Day Assorted: Muffins, Danish, Croissants, Scones and Fresh Whole Fruit
Deli	Beef and Cheddar Sub Board, Beef, Turkey, Bologna, Egg and Chicken Salad	Greek Baguette, Turkey Beef Bologna Hummus And Tuna	Mexican Beef on Parisian Bread Turkey Egg Bologna Chicken Salad	Turkey with Cranberry Salsa on Ciabatta Bread Beef Turkey Bologna Hummus Tuna	Mexican Beef on Parisian Bread, Beef, Turkey, Bolognese, Egg and Chicken Salad	Greek Baguette, Beef, Turkey, Bologna, Hummus, and Tuna	Carolina Pork, Beef, Turkey, Bologna, Egg and Chicken Salad
Vegan/Vegetarian	Blackened Tofu	Marinara Sauce	Black Bean Enchiladas	Tofu Cassolette	Chick Pea Curry	Sweet Corn	Lentil Stew
	Red Cabbage	Pasta	Mexican Pepper salad	Mandarin Sesame Garden Greens	Curried Roasted Potatoes	Baked Rigatoni/peppers tomatoes/spinach	Green Beans with Tomatoes & Garlic
	Black Beans and Rice	Garlic Bread	Veggie Chili	Santa Fe Rice	Green Beans	Bocconcini Salad	Herbed Mash Potatoes
Dinner	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Salad Bar	Fresh Mozzarella Penne Salad	Bayou Slaw	Asian Noodle	Bacon Horseradish Potato Salad	Marinated Vegetable Salad	Pasta Salad	Mongolian Beef Salad
Pizza	Pepperoni / Beef, Onion and Cheddar Cheese	All dressed / Chicken Focaccia	Pepperoni / Jerk Chicken	Chicken Parmesan / Roasted Vegetable and Garlic	Pepperoni/ Greek	Meat Lovers / Works	3 Cheese / Bacon Mushroom
Dinner	Soft Chicken Taco, Santa Fe Rice	BBQ Chicken Wings w honey garlic sauce	Pasta Bar with Marinara & Alfredo sauces	Beef Taco Salad	Beef Shawarma Plate	Omelet Bar	Omelet Bar
Comfort Food	Southwestern Pasta Casserole	Boneless Southern fried Chicken	Carved Roast Loin Of Pork	Indian Tandoori Chicken	BBQ Chicken and Roasted Potatoes	Lemon Pepper Roasted Chicken, Jasmine Rice, Glazed Carrot	Hungarian Pork Goulash, Cooked Linguini with Tomatoes and Okra
Grill	Salmon Burger	Chicken Burger	Monte Cristo Sandwich	Pulled Pork Sandwich with Coleslaw	Grilled Marinated Flank Steak	Reuben Sandwich	Deluxe Swiss Mushroom Burger
Boulangerie	Buried Treasure Crème Flan, Assorted Jell-O, Pudding & Trifles, New Orleans Bread Pudding, Pecan Pie	Blueberry Shortcake, Assorted Jell-O, Pudding & Trifles, Apple Crisp	Carrot Cake, Assorted Jell-O, Pudding & Trifles, Peach Crisp	Chocolate Cake, Assorted Jell-O, Pudding & Trifles, Fresh Cut Fruit	Banana Bread, Assorted Jell-O, Pudding & Trifles, Chocolate cake	Chef's Choice Cake and Pie, Chef's Choice Cake and Pie	Chef's Choice Cake and Pie, Chef's Choice Cake and Pie
Deli Bar	Beef and Cheddar Sub Board, Beef, Turkey, Egg Salad and Chicken Salad	Greek Baguette, Turkey Beef, Hummus and Tuna	Roast Beef on Parisian Bread ,Turkey, Egg Salad and Chicken Salad	Turkey with Cranberry Salsa on Ciabatta Bread, Beef, Turkey, Hummus and Tuna	Salami with Tapenade Cream Cheese, Beef, Turkey, Egg Salad and Chicken Salad	Greek Baguette, Beef, Turkey, Hummus and Tuna	Carolina Pork, Beef, Turkey, Egg Salad and Chicken Salad
Vegan/Vegetarian	Korean Sweet Potato Noodles	Savory Chick Pea and Tomato Sauce	Pasta Bar with Herb and Garlic Sauce or Marinara	Superfood Salad Bowl with Green Goddess Sauce	Falafel with Seasoned Rice	Warm Quinoa Salad with Ginger-Scallion Dressing	Herbed Linguini with Tomatoes
	Juliened Veggies and Kimchi	Herbed Couscous	Garlic Bread	Quinoa Pilaf	Pita Bread, Hummus and Garlic Sauce	Stir Fried Bok Choy	Crispy Veggie Meatballs
	Crispy Marinated Tofu	Grilled Vegetables	Steamed Green Beans	Sautéed Mushrooms and Peppers	Tabbouleh Salad	Roasted Autumn Vegetables	Sautéed Herbed Mushrooms