

Week 3 Breakfast and Lunch Menu



| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------|---|--|---|---|---|---|---|
| | Scrambled Eggs 2496790 Ham & Cheese Crustless Quiche (2574834) Bacon 2499248 Pumpkin Texas Toast 2499272 Hash brown Patty 2471247 Cage Free Eggs Made To Order | Scrambled Eggs 2496790 Egg, Ham & Cheese Omeadilla (2574834) 2496789 Chorizo Sausage Link 3112098 Buttermilk Pancakes 2609492 Oven Roasted Ranch Potatoes 2519023 | Scrambled Eggs 2496790 Everything Scrambled 2574624 Grilled Breakfast Ham 3120274 Waffle 2611205 Lyonnaise Potatoes 2980694 Belgian Waffles | Scrambled Eggs 2496790 Vegetable Egg White Frittata 2576327 Turkey Sausage Link 2608407 French Toast Sticks Sweet Potato Hash | Scrambled Eggs 2496790 Fried Egg Bacon and Cheese on Croissant 2946073 Bacon 2499248 Vanilla Cinnamon Bread Pudding 2576285 Pantry Red Potatoes 2574269 | Scrambled Eggs 2496790 Bacon & Cheddar Scramble (2554792) Sausage Gravy 2670749 Biscuits 2559699 Herb & Garlic Shredded Hash Browns 2576221 | Scrambled Eggs 2496790 Asparagus & Feta Breakfast Strata 3111407 Turkey Canadian Bacon 3087194 Apple Fritter 3265015 Rosemary Roasted Potatoes 2513263 |
| | Hummus Avocado and Roasted Vegetable Wrap (2493540) | Turkey Cheddar Bacon Panini (2969300) | Chicken Caesar Wrap (2508072) | California Club (2636109) | Classic Italian Sub (2508091) | Croissant Club (3306889) | Curried Chicken Pita (3170481) |
| <i>Main Plate</i> | Swedish Meatballs (3308957) Egg Noodles (2506417) Sautéed Spinach (2514855) Glazed Baby Carrots (2749916) | Fried Chicken (3179036) Macaroni and Cheese (3102748) Collard Greens (2746305) Sautéed Cabbage (2544587) | Cuban Pork Loin (2780474) Black Beans and Rice (2525844) Roasted Zucchini (2518091) Grilled Corn on the Cob (3138207) | Seasoned Fried Chicken Baked Chicken Macaroni & Cheese Collard Greens | Teriyaki Glazed Cod (2512272) Vegetable Fried Rice Asian Stir Fry Vegetables (2955398) Steamed Cauliflower (2514741) | Cavallappi with Grilled Italian Sausage (2499894) Garlic Bread (3122933) Steamed Broccoli (2746394) Sautéed Onions and Potatoes (2494989) | Slow Cooked Corned Beef (3087196) Three Cheese Scalloped Potatoes (2516964) Sautéed Apples and Cabbage (2780500) Lightly Spiced Carrots (2975286) |
| | Pepperoni 2500741 Ham and Cheese Calzone 2608067 Cheese 2607983 Pepperoni Bake 2611097 Garlic Parmesan Breadsticks (2608050) | Cheese 2607983 Mac & Cheese 2611056 Veg 2493594 Gnocchi (2608057) House Made Marinara (3128635) Garlic Bread (3122833) | Cheese 2607983 Supreme 2507357 Garlic Shrimp Alfredo Bake (3002467) Bread Stick 2611058 | Cheese 2607983 Broccoli Sausage 2607964 Fettuccini (2683331) Beef & Pasta Bake Ranch Alfredo Garlic Parmesan Breadsticks (2608050) | Cheese 2607983 Pepperoni 2500741 Firecracker Chicken Bake 3306601 Lingini Cooked Tomato Basil Cream Sauce | White 2663542 Breakfast 3100981 BBQ Chicken Stomoli 2607942 Linguine (2724209) House Made Marinara (3128635) Parmesan Ciabatta Bread (3167108) | Cheese 2607983 Sausage 2506333 Mushroom & Pepperoni Bread 3123650 Chipotle Mac & Cheese 2608021 Garlic Bread (3122833) |
| | Brown Rice Risotto with Squash and Peas (2786533) Roasted Vegetable Medley (3143244) | Sun Dried Tomato Pesto Tofu (2564691) Quinoa Pilaf (2611109) Turmeric & Garlic Roasted Cauliflower (2834266) | Beyond Classic Meatloaf (3183549) Roasted Fingerling Potatoes (2984569) Marinated Bean Salad (2812954) | Moroccan Chick Pea Curry (3003124) Basmati Rice (2519068) Ginger Snow Peas (2749697) | Smoked Beyond Sausage Pincho (2812789) Black & White Barley (2664208) Glazed Carrots (2751486) Spinach Feta, & Dill Ozo Salad (2611139) | Mediterranean Vegetable Paella (2782055) Toasted Naan (3126223) Easy Roasted Red Pepper Hummus (2608042) | Vegetarian Kale Salad (2589912) Chipotle Fano (3147123) Black Bean & Corn Salsa (2497745) |
| | Cranberry Dijon Turkey Burger (2500744) Buffalo Chicken Breast (3081731) Seasoned Waffle Fry (2519066) | Honey Mustard Ham Provolone Pretzel (2677345) Beef Bisket (3100158) Tator Tots (2589897) | Avocado Chicken (2589766) Salsa Cruda Tortilla Chips (2589903) Black & Bean Com Salsa (2497745) | BBQ Pork Rib Sandwich (2584578) Spanakopita Turkey Burger (2589885) Homemade Ranch Potato Chip (2589885) | Chicken Quesadilla (2680782) Cheese Burger (2588298) Tortilla Chips Onion Rings (2589837) | Grilled Eggplant (2540405) Roasted Potatoes (2513263) Thai Chicken Sandwich (2755060) Fresh Cut Fries (2589717) | Barcooa Beef (2559694) Grilled Tofu Steak (2896188) Sweet Potato Fries (2589892) |
| | Quinoa Salad with Spicy Pumpkin Vinaigrette (3010021) | Italian Lentil Penne Pasta Salad (2965006) | Buffalo Chicken and Barley Salad (2665121) | Tomato Basil Tuxedo Barley Salad (2811178) | Anti-Pasta Salad (2805290) | Creamy Dilled Potato Salad (3195219) | Mexican Bean Salad (2611065) |
| | Chicken Noodle 2497713 | Creamy Crab & Vegetable Bisque | Beef Barley | Vegetarian Chili | Tomato Florentine 2611200 | Chicken Vegetable Soup 3082051 | Vegan Italian Garbanzo Bean Soup 2611195 |

* Contains or may contain raw or undercooked ingredients. Consuming raw or uncooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.

Week 3 Dinner Menu



| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------|---|--|---|--|--|---|---|
| | Buffalo Chicken Wrap (2506403) | BBO Ham , Bacon And Pepper Jack Toasted Flatbread (2932560) | Roast Turkey Signature Sandwich (3120175) | Classic Ham Salami & Provolone Wrap (2969307) | Waldorf Chicken Salad Pita (2975143) | Tuna Sliders (2982026) | Beef & Cheddar Sandwich W/ Horseradish Spread (3170448) |
| <i>Main Plate</i> | Turkey Marsala (2535684) Roasted Red Potatoes (2526873) Steamed Corn (2518087) Roasted Asparagus (2527806) | Shepherd's Pie (2969333) Sweet Yeast Dinner Roll (2119844) Steamed Broccoli (2504654) Romesco (2507277) | Chimichurri Flap Steak Cheddar Mashed Potatoes Greenbeans w/ Cheery Tomatoes | Jambalaya (2809509) Buttermilk Cornbread (2988600) Roasted Tomatoes and Mushrooms Acorn Squash Wedges (2749925) | Fish and Chios (2509139) Garlic Sautéed Spinach (2564478) Creamy Tri-Colored Coleislaw | Beef Tacos (2607854) Searish Rice (2576260) Searish Style Corn (2506482) Lettuce, Diced Tomatoes, Salsa, Sour Cream, Black Olives, Diced | Honey Carved Ham (2559692) 3 Cheese Scalloped Potatoes Roasted Marinated Vegetables Apple Glazed Carrots (2479916) |
| | Italian Stromboli 2611049 Cheeseburger Flat Bread 2607935 Cheese 2607983 Pasta Pomodoro (2611096) Mozzarella Sticks (2942206) | Cheese 2607983 Buffalo Chicken 2508038 Caprese Flat Bread 2588159 Buffalo Chicken Pasta Bake 3302657 | Cheese 2607983 Supreme Pizza Garlic Parmesan Breadsticks Spaghetti (2711233) Garlic shrimp Alfredo Bake Meat Sauce | Cheese 2607983 Broccoli & Sausage Pizza Farfalle (2697110) Ranch Alfredo (2576242) Beef & Pasta Bake | Cheese 2607983 Margherita Piza Marinara Sauce Sausage Bake 2611048 Garlic Parmesan Breadsticks | Cheese 2607983 Margarita (2507049) Pepperoni 2500741 Eggplant Parmesan (2735710) Bread Stick/Marinara 2608050/2611058 | Cheese 2607983 Hawaiian 3180951 Sausage 2506333 Broccoli Bake 2607965 Bread Stick/Marinara 2608050/2611058 |
| | Five Spice Barley, Kale and Tofu Roasted Eggplant, Tomato, and | Buttermilk & Portobello's W/ Wheat Lemon Garlic Broccolini (3100010) | Tempura Cauliflower (2857012) Quinoa and Pineapple Pilaf Grilled Asparagus (2540398) | Vegan Crispy Tofu Fingers Cajun Roasted Sweet Potatoes Roasted Corn (2589858) | Risotto Croquettes W/ Marinara Chopped Salad (3336780) | Vegetarian Jambalaya (2531685) Hush Puppies (3087169) | General Tso's Cauliflower (2608051) Coconut Ginger Rice (2608023) Fresh Asian Vegetable Blend |
| | Beer Battered Fish Sandwich Pizza Bursor (2589843) Steak Fries (2599889) | Caorese Turkey Bursor (2496866) Marinated Grilled Chicken Shoestring Fries (2599880) | Cheddar Bursor Herbed Parmesan Potato Wedges Hot Dog with Chili | Chicolite Pattv Melt Sweet Potato Tots Grilled Lime Cilantro Chicken | Grilled Ham & Cheese Sandwich 3 Cheese Turkey Bursor (2589902) Curley Fries (2589225) | Pork Bao Sandwich (3173043) Cauliflower Buffalo Wings Onion Rings (2589837) | Italian Jerk Chicken (2785945) Mediterranean Ecoolant Spinach Fresh Cut Fries (2589717) |
| | Quinoa Salad with Spicy Pumpkin | Italian Lentil Penne Pasta Salad | Buffalo Chicken and Barley Salad | Tomato Basil Tuxedo Barley Salad | Anti-Pasta Salad (2805290) | Spinach Artichoke Hummus | Mexican Bean Salad (2611065) |
| | Chicken Noodle 2497713 | Creamy Crab & Vegetable | Beef Barley | Vegetarian Chili | Tomato Florentine 2611200 | Chicken Vegetable Soup 3082051 | Vegan Italian Garbanzo Bean Soup 2611195 |

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