



MAKE THE CHOICE THAT'S RIGHT FOR YOU.

EAT WELL VEGETARIAN VEGAN

SUN 12th	WAKIN' UP	Scrambled eggs, Sausage, Home Fries, Pancake	
	BRUNCH		
	ENTRÉE		
	SIDES	Fruit, Cereal, Granola, Yogurt	
	SALAD		
DINNER	DINNER	Sausage and Peppers	Meatballs
	ENTRÉE		
	VEGETARIAN	Stuffed Portobello	
	ENTRÉE		
	STARCH	Pasta	
	SAUCE	Marinara	
	SOUP	Chef's Choice	
VEGETABLE	Mixed Vegetable		
MON 13th	WAKIN' UP	Scrambled Eggs, Bacon, Hash Brown, Waffle	
	LUNCH		
	ENTRÉE	<u>Option 1:</u> Chicken Penne Vodka	
	SIDES	Bread Sticks	Roasted Vegetable Medley
	SALAD	Salad on Table	
DINNER	DINNER	Beef Stew	Pork Loin/ Sautéed Apples
	ENTRÉE		
	VEGETARIAN	Black Bean Enchilada	
	ENTRÉE		
	STARCH	Egg Noodles	
	SAUCE	Marinara	
	SOUP	Chicken & Rice	
VEGETABLE	Sautéed Spinach		
TUES 14th	WAKIN' UP	Cheesy Scrambled Egg, Sausage Link, Diced Potato, French Toast	
	LUNCH		
	ENTRÉE	Option 1: BBQ chicken	
	SIDES	Roasted Potato	Mixed Vegetable
	SALAD	Salad Bar	
DINNER	DINNER	MeatLoaf	Chicken Scarpariello
	ENTRÉE		



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	VEGETARIAN ENTRÉE	Quinoa Stuffed Pepper	
	STARCH	Mashed Potato	
	SAUCE	Marinara Sauce	
	SOUP	Minestrone Soup	
	VEGETABLE	Peas & Carrots	
WED 15h	WAKIN' UP	Fried Eggs, Sausage Patty, Hash Browns, Pancakes	
	LUNCH ENTRÉE	Rueben's	Chicken Caesar Wrap
	SIDES	French Fries	Steamed Vegetable Medley
		Salads available	
	SALAD		
DINNER	DINNER ENTRÉE	Buttermilk Chicken	Sausage Pasta Bake
	VEGETARIAN ENTRÉE	Zucchini Boats	
	STARCH	Wild Rice	
	SAUCE	Marinara	
	SOUP	Cream of Spinach	
	VEGETABLE	Broccoli and Cauliflower Mix	
THURS 16h	WAKIN' UP	Scrambled Eggs, Bacon, Hash Brown, Waffles	
	LUNCH ENTRÉE	<u>Option 1</u> : Chicken & Broccoli	
	SIDES	Jasmine Rice	Vegetable Stir-Fry
		Salad Bar	
	SALAD		
DINNER	DINNER ENTRÉE	Chicken Marsala	Meat Lasagna
	VEGETARIAN ENTRÉE	Veggie Lasagna	
	STARCH	Pasta	
	SAUCE	Marinara	
	SOUP	Tomato Basil Soup	
	VEGETABLE	Roasted Vegetables	
F 17h	WAKIN' UP	Cheese Omelet, Turkey Bacon, Tater Tots, French Toast	



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	LUNCH	<u>Option 1: Greek Chicken Thighs</u>	
	ENTRÉE		
	SIDES	Orzo Pilaf	Steamed Medley
	SALAD	Tossed Salad	
DINNER	DINNER	Beef Bourgeois	Tilapia Franchise
	ENTRÉE		
	VEGETARIAN	Lentil Cassoulet	
	ENTRÉE		
	STARCH	Mashed Potato	
	SAUCE	Meat Sauce	
	SOUP	NE Clam Chowder	
	VEGETABLE	Vegetable Medley	
SAT 18 th	WAKIN' UP	Scrambled Eggs, Sausage Patty, Hash Brown, Waffles	
	LUNCH	Chicken Fingers	Baked Ziti
	ENTRÉE		
	SIDES	Fries	
	SALAD	Available	
DINNER	DINNER	Thai Chicken	Pesto Pork Loin
	ENTRÉE		
	VEGETARIAN	South Western Black Bean Casserole	
	ENTRÉE		
	STARCH	Rice Noodle	
	SAUCE	Marinara	
	SOUP	Chef's Choice	
	VEGETABLE	Sautéed Broccoli	