



MAKE THE CHOICE THAT'S RIGHT FOR YOU.

EAT WELL VEGETARIAN VEGAN

SUN 5th	WAKIN' UP	Fried eggs, Scrambled Eggs, Hash Browns, Bacon		
	BRUNCH	Waffle, Corned Beef Hash		
	ENTRÉE			
	SIDES	Fruit, Cereal, Granola, Yogurt		
DINNER	SALAD			
	DINNER	Herb Roasted Chicken	Chef's choice	
	ENTRÉE			
	VEGETARIAN	Spinach & Cheese Manicotti		
	ENTRÉE			
	STARCH	Rice Pilaf		
	SAUCE	Marinara		
SOUP	Cheeseburger Soup			
VEGETABLE	Zucchini & Carrots			
MON 6th	WAKIN' UP	Scrambled Eggs, Sausage Patty, Tater Tots, Pancake		
	LUNCH			
	ENTRÉE	<u>Option 1:</u> Penne & Sausage Alla Vodka <u>Option 2:</u> Chicken Bruschetta		
	SIDES	Curly Fry	Steamed Vegetable Medley	
DINNER	SALAD	Available for Lunch		
	DINNER	Jerk Chicken	Roasted Pork Loin	
	ENTRÉE			
	VEGETARIAN	Chick Pea & Vegetable		
	ENTRÉE			
	STARCH	Roasted Potato		
	SAUCE	Marinara		
SOUP	Potato Cheddar			
VEGETABLE	Braised Greens			
TUES 7th	WAKIN' UP	Cheese Omelet, Turkey Bacon, Home Fries, French Toast		
	LUNCH			
	ENTRÉE	Option 1: General Tso's Chicken		
	SIDES	Jasmine Rice	Miso Glazed Green Beans	
DINNER	SALAD	Available for Lunch		
	DINNER	Sautéed Chicken Santa Fe	Beef Taco Casserole	
	ENTRÉE			
VEGETARIAN	Vegetable Tacos			
ENTRÉE				



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	STARCH	Chili Spiced Rice	
	SAUCE	Meat Sauce	
	SOUP	Spicy Chicken Tortilla	
	VEGETABLE	Roasted Corn & Red Peppers	
WED 8th	WAKIN' UP	Fried Eggs, Bacon, Hash Brown, French Toast	
	LUNCH		
	ENTRÉE	Chicken Parmesan	Baked Ziti
	SIDES	 Salads available	Mixed Vegetable
	SALAD		
DINNER	DINNER		
	ENTRÉE	Pizza Extravaganza	Cheese, Pepperoni, Buffalo Chicken
	VEGETARIAN		
	ENTRÉE	Veggie Pizza	
	STARCH	Beef Patties	
	SAUCE	Marinara	
	VEGETABLE	Beef & Rice	
THURS 9th	WAKIN' UP	Scrambled Eggs, Sausage Patty, Tater Tots, French Toast	
	LUNCH		
	ENTRÉE	<u>Option 1: Spaghetti & Meatballs</u>	<u>Option 2: Manicotti</u>
	SIDES	Garlic Bread	Sautéed Green Beans & Tomatoes
	SALAD	Salad Bar	
DINNER	DINNER		
	ENTRÉE	Mojo Chicken	Beef Fajita
	VEGETARIAN		
	ENTRÉE	Mojo Vegetable Stew	
	STARCH	Rice & Peas	
	SAUCE	Marinara	
	VEGETABLE	Jerk Chicken Chowder	
F	WAKIN' UP	Steamed Cabbage & Carrots	
		Cheesy Scrambled Eggs, Sausage Links, Hash Brown, Pancakes	



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	LUNCH ENTRÉE	Option 1: Chicken Tender Roll w/ Cheese	Option 2: Sloppy Joe
	SIDES	Waffle Fries	Peas & Carrots
	SALAD	Tossed Salad	
DINNER	DINNER ENTRÉE	Chicken Picatta	Fish Taco
	VEGETARIAN ENTRÉE	Vegetable & Bean Burrito	
	STARCH	Rice Pilaf	
	SAUCE	Meat Sauce	
	SOUP	Chef's Choice	
	VEGETABLE	Steamed Vegetable Medley	
	WAKIN' UP	Scrambled Eggs, Bacon, Home Fries, Cinnamon Rolls	
	SAT 11th	LUNCH ENTRÉE	Turkey Melt
SIDES		French Fries	Roasted Vegetable Medley
SALAD		Available	
DINNER	DINNER ENTRÉE	Chicken Curry	Chef's Choice
	VEGETARIAN ENTRÉE	Squash Parmesan	
	STARCH	Jasmine Rice	
	SAUCE	Marinara	
	SOUP	Chef Special	
	VEGETABLE	Roasted Vegetable Medley	