



MAKE THE CHOICE THAT’S RIGHT FOR YOU.



EAT WELL



LOCALLY SOURCED



VEGETARIAN



VEGAN

MON	BREAKFAST	Cold Cereal, Whole Wheat Bread, White Bread, Fresh Scrambled Egg, Bacon		Steamed Rice, Miso Soup	
	SOUP OF THE DAY	Miso Soup with Tofu and Scallions			
	LUNCH ENTRÉE	General Tso’s Chicken		Elbows with Sundried Tomato and Spinach	
	SIDES	Crunchy Roast Broccoli		Steamed Rice	
	DINNER ENTREES	Teriyaki Pork		Kake Gohan	
	DINNER SIDES	Steamed Bok Choy		Steamed Rice	
TUES	BREAKFAST	Cold Cereal, Whole Wheat Bread, White Bread, French Toast		Steamed Rice, Miso Soup Sausage Patties, Natto	
	SOUP OF THE DAY	Cream of Cauliflower			
	LUNCH ENTRÉE	Pork Katsu with Shredded Cabbage		Creamy Penne with Mushrooms and Scallions	
	SIDES	Sauteed Spinach and Mushroom Medley		Steamed Rice	
	DINNER ENTREES	Meatloaf with Mashed Potatoes		Ziti with Pesto	
	DINNER SIDES	Roasted Garlic Kale		Steamed Rice	
WED	BREAKFAST	Cold Cereal, Whole Wheat Bread, White Bread Broccoli, Tomato, Cheddar Frittata		Steamed Rice, Miso Soup, Ham	
	SOUP OF THE DAY	Creamy Corn Chowder			
	LUNCH ENTRÉE	Chicken Piccata		Spaghetti with Marinara and Basil	
	SIDES	Roast Squash with Basil and Lemon		Steamed Rice	
	DINNER ENTREES	Beef Bolognese		Elbows with Sun Dried Tomatoes and Basil	
	DINNER SIDES	Steamed Cauliflower		Steamed Rice	
THURS	BREAKFAST	Cold Cereal, Whole Wheat Bread, White Bread Scrambled Eggs, Bacon		Steamed Rice, Miso Soup	
	SOUP OF THE DAY	Lentil Soup			
	LUNCH ENTRÉE	Hamburgers and French Fries		Penne Alla Vodka	
	SIDES	Roasted Broccoli		Mixed Brown Rice	
	DINNER ENTREES	Mapo Tofu		Stir Fried Vegetable Lo Mein	
	DINNER SIDES	Steamed Gai Lon		Steamed Rice	
FRI	BREAKFAST	Cold Cereal, Whole Wheat Bread, White Bread Fresh Scrambled Eggs with Cheddar Cheese		Sausage Patties, Steamed Rice, Miso Soup,	
	SOUP OF THE DAY	Miso Soup with Daikon			
	LUNCH ENTRÉE	Crispy Pollock with Tartar and Lemon		Fried Rice	
	SIDES	Creamed Spinach		Steamed Rice	
	DINNER ENTREES	Japanese Chicken Curry		Macaroni and Cheese	
	DINNER SIDES	Steamed Cauliflower and Red Peppers		Steamed Rice	
SAT	BREAKFAST	Cold Cereal, Whole Wheat Bread, White Bread Fresh Scrambled Eggs		Bacon, Steamed Rice	
	SOUP OF THE DAY	Miso Soup with Tofu and Scallions			
	LUNCH ENTRÉE	Tuna Melt with French Fries		Elbows with Pesto	
	SIDES	Roast Cauliflower		Steamed Rice	
	DINNER ENTREES	Tan Tan Men		Penne with Marinara	
	DINNER SIDES	Steamed Okra		Steamed Rice	
SUN	CONTINENTAL BREAKFAST	Cold Cereal, Toast, Yogurt, Fresh Waffles		Steamed Rice, Turkey Sausage Patties	
	BRUNCH	Fresh Scrambled Eggs		Corned Beef Hash	
	BRUNCH ENTRÉE	Chef’s Choice		Spaghetti Primavera	
	SIDES	Fresh Roasted Broccoli and Cauliflower		Steamed Rice	
	DINNER ENTREES	Hong Kong Style Claypot Rice		Elbows with Pesto	
	DINNER SIDES	Sauteed Bok Choy		Steamed Rice	

