

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 10/19	<ul style="list-style-type: none"> Chicken cutlet bruschetta Bacon cheeseburger Popcorn chicken Vegetable lo mein Kale & vegetable dumplings 	<ul style="list-style-type: none"> Meatball panini Chicken tenders Cheese ravioli Mini tacos Party hero slice 	<ul style="list-style-type: none"> Chicken & rice bowl Deli panini Chicken quesadillas Rigatoni w/ broccoli Pizza bites 	OKTOBERFEST SPECIAL <ul style="list-style-type: none"> Mini hot dogs or bratwurst Tater tots Hot soft pretzel Cheese sauce cup Apple slices Apple cider or water <hr/> <ul style="list-style-type: none"> Chicken chunks Hamburger / cheeseburger 	<ul style="list-style-type: none"> Pizza Pasta w/ vodka sauce Mozzarella sticks Chicken nuggets Eggplant, mozzarella & roasted pepper hero
WEEK 2 10/26	<ul style="list-style-type: none"> Spaghetti & meatballs Chinese beef & broccoli Meatball hero Popcorn chicken Black bean burger 	<ul style="list-style-type: none"> Ham & swiss panini Chicken tenders Beef taco bowl Tortellini alfredo w/ peas Breakfast for lunch — french toast sticks and bacon, tater tots 	<ul style="list-style-type: none"> Chicken francese Stuffed shells & dinner roll Chicken quesadillas Jamaican beef patty Potato pierogies 	<ul style="list-style-type: none"> Sausage & peppers Chicken parmigiana Hamburger / cheeseburger Mac & cheese wedges Pasta w/ butter & garlic 	<ul style="list-style-type: none"> Mozzarella, tomato & roasted pepper panini Pizza Pasta w/ vodka sauce Mozzarella sticks Chicken nuggets
WEEK 3 11/2	<ul style="list-style-type: none"> Beef empanadas Chicken & rice bowl Popcorn chicken Pasta marinara Grilled cheese 	<ul style="list-style-type: none"> Roast beef panini Chicken tenders Beef tacos Spaghetti w/ garlic & oil Pizza bites 	<ul style="list-style-type: none"> Chicken quesadillas Rigatoni w/ broccoli Potatoes & eggs sub Pizza egg roll Hot dog 	<ul style="list-style-type: none"> Roasted chicken wings Chicken parmigiana Hamburger / cheeseburger Spaghetti w/ butter Onion rings 	<ul style="list-style-type: none"> Beef burrito Pizza Pasta w/ vodka sauce Chicken pot pie Mozzarella sticks Chicken nuggets
WEEK 4 11/9	<ul style="list-style-type: none"> Meatloaf w/ mashed potatoes Buffalo wings Panini — turkey, bacon & cheese Macaroni & cheese Popcorn chicken 	<ul style="list-style-type: none"> Philly cheese steak Chicken tenders Pasta marinara Jamaican beef patty Grilled chicken club 	<ul style="list-style-type: none"> Pasta primavera Chicken quesadillas Breakfast for lunch — pancakes, bacon & potatoes Mac & cheese wedges Chicken chunks 	<ul style="list-style-type: none"> Chicken parmigiana Hamburger w/ the fixins Chicken fries Onion rings Eggplant, mozzarella & roasted pepper panini 	<ul style="list-style-type: none"> Chicken nuggets Pizza Pasta w/ vodka sauce Mozzarella sticks Chicken marsala
WEEK 5 11/16	<ul style="list-style-type: none"> Pulled pork sandwich Chicken tenders Chicken tacos Tortellini alfredo w/ peas Roasted potatoes 	EARLY THANKSGIVING LUNCH <ul style="list-style-type: none"> Turkey & gravy Stuffing Steamed corn Cranberry sauce Mashed potatoes <hr/> <ul style="list-style-type: none"> Popcorn chicken Macaroni & cheese 	<ul style="list-style-type: none"> Sloppy joe on a bun Crispy chicken sandwich Chicken quesadillas Spaghetti w/ garlic & oil Grilled cheese 	<ul style="list-style-type: none"> Chicken stir-fry Fried rice Hamburger / cheeseburger Mac & cheese wedges Chicken fries 	<ul style="list-style-type: none"> Frittata Pizza Pasta w/ vodka sauce Cuban panini Mozzarella sticks Chicken nuggets

AVAILABLE DAILY

Grab & go sandwiches
Grab & go salads
Parfaits & overnight oats
Fruit cups & whole fruit
Hummus & crudité
Snacks & drinks

SALAD & WRAP BAR

Build a salad, wrap or bowl. Add rice for a burrito, fries for a combo. Açaí bowls daily.

SIDES

Vegetable of the day, roasted or mashed potatoes, french fries, onion rings, mixed salad, rice, beans, fruit. Varies with the entrées.

PRE-ORDER

Skip the line. Order ahead at fspreorder.com — salads, wraps, breakfast, vegetarian and gluten-free. Order the day before, or by 8:30 am the day of.

DINING CARD ALERTS

Purchase & low-balance alerts for your Red Dining Card.



Scan or tap to enroll fourseasonsfsm.com/dining-card-alerts

FIVE-WEEK CYCLE