

Menu Cycle - Week 4

Available at all Meals

Toaster Bar
Waffle Bar

Breakfast Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Canadian Bacon	Sausage Patties	Scrapple	Bacon	Sausage Links	Sliced Pit Ham	Sausage Gravy
Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs
Apple Cinnamon Oatmeal	Cream of Wheat	Grits	Baked Oatmeal	Cocoa Wheats	Oatmeal	Biscuits
Tator Tots	Hash Browns	Tritators	Home Fries	Hash Browns	Tator Tots	O'Brien Reds
Waffle Sticks	Pancakes Homemade	French Toast Homemade	Waffle Sticks	French Toast Homemade	Pancakes Homemade	Waffle Sticks

Lunch Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Chicken Noodle/Cream of Broc	Corn Chowder/Chicken Noodle	Minestone/Corn Chowder	Split Pea/Minestone	Egg Drop/Split Pea	Ginger Carrot/Egg Drop	Italian Wedding/Ginger Carrot
Carved Pit Ham	S&S Shrimp	Chicken Marsla	Eye Round	Lemon Dill Tilapia	Pizza	Sliced Ham
Bacon Fried Rice	Italian Grinder	Pork Fried rice	Sliced Pork with broc Rabe	Chicken Tenders	Sausage and Peppers	Chicken Pot Pie
Roasted Sweets	BBq Chips	Roasted reds	Mashed Pots	Onion Rings	Rolls	Stuffing
Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables
Cabbage	Beets	Collards	Butternut Squash	Roasted Cauliflower	Spinach	Green beans
Caribbean	Bacon Sage	Herbed Chicken	Lemon Garlic	Rosemary	Hot Dog Bar	Pancakes
Dinner Rolls	Cheese Grits	Bread Sticks	Baked Beans	Med Cous Cous	Caesar Salad Bar	Potato Bar
Battered Veg	Green Beans	Baked Apples	Cream corn	Edamame		
Corn	Baby Carrots	Cream Corn	Broccoli	Cream Corn		
Pasta Saute	Turkey Bacon Flats	Stir Fry with chicken chunks	Omlete bar	Kielbasa & Fries		
Potato Bar	Rice Bowl	Hummus Bar	Pasta Bar	Nacho Bar		

Dinner Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Fish PoBoy	Pot Roast	Sliced Turkey	Steak	Bbq Chicken	Sloppy Joes	Fried Chicken
Whole wheat Pasta	Tacos	Stuffed shells	Chicken Breast	Mac and Cheese	Pasta Bake	Grilled Pork Chops
Brown rice	Buttered Noodles	Montreal Red Potatoes	Whole Roasted Portabellas	Garlic and Herb Mashed Potat	Italian Herb rice	Mashed Potatoes with Gravy
Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	Garlic Butter Dinner Rolls	Mixed vegetables	Mixed Vegetables	Mixed Vegetables
Sliced Carrots	Plantains	Lima Beans	Baby carrots	French Green beans	Peas and Carrots	Corn on the Cob
Caribbean	Bacon Sage	Herbed Chicken	Whole Green Beans	Rosemary	Stir Fry	Turkey & Spinach Flats
Dinner Rolls	Cheesey Grits	Garlic Bread Sticks	Lemon Pepper Chicken	Wild Rice	Yogurt Bar	Nacho Bar
Battered Veg	Green Beans	Baked Apples	Steak Fries	Edamame		
Corn	Baby Carrots	Cream Corn	Corn on the Cob	Cauliflower		
Burgers & Fries	GGC	Wings	Baked Beans	Chicken Patties & Fries		
Vegetarian Bar	Cesar Salad Bar	Vegetarian Bar	Pasta Saute	Gourmet Salad Bar		
Pizza	Habanero	Pizza	Potato Bar	Pizza		
			Habanero			