

Weekly Rotating Menu January to March 2025

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B K F A S T	Yogurt Bar Fresh Cut Fruit Individual Oatmeal Scrambled Free Run Eggs Crispy Bacon Hash Brown Ovals	Yogurt Bar Fresh Cut Fruit Cranberry Oatmeal Corned Beef, Tomato & Swiss Cheese Baguette Savory Potatoes	Yogurt Bar Fresh Cut Fruit Individual Oatmeal Buttermilk Pancakes Scrambled Free Run Eggs Baked Sausage Links Breakfast Coin Potatoes	Yogurt Bar Fresh Cut Fruit Raisin Oatmeal Poached Free Run Eggs Eng Muff/Hollandise All Beef Sausages Pom Pom Potatoes Mini BBQ Pork Buns	Yogurt Bar Fresh Cut Fruit Individual Oatmeal House Made Waffles Scrambled Free Run Eggs Crispy Done Bacon Savory Potatoes	Assorted Cereal 9:30 to 10:30 am ***** Chef's Brunch Table 11:00 to 12:30pm	Assorted Cereal 9:30 To 10:30 am ***** Chef's Brunch Table 11:00 to 12:30pm
	Available Daily 100% Juice, Soy Milk, Yogurt Bar, Oatmeal, Granola, Dry & Fresh Fruit, Flax Meal, Coffee, Tea, Hot & Cold Cereals and Assorted Whole Grain Breads, Pastry's and Muffins.						
L U N C H	Chicken Noodle Korean BBQ Beef Jasmine Rice Sesame Broccoli Spears Kimchi	Beef Barley Battered Haddock Filets Baked Potato Wedges Sautéed Green Beans Tartar Sauce	Shrimp Corn Chowder Black Bean Beef Chili In a Potato Shell Steamed Corn Dinner Roll	Caldo Verde Soup Portuguese Chicken Roast Parisian Potatoes Roasted Carrots w/ Fresh Tarragon	Tomato Basil Soup Bacon Broccoli Mac & Cheese Baby Shrimp Mac & Cheese Baked Garlic Breadstick		
	Bibimbap Korean Rice Stir Fry	Edamame Kara Kuzambu	Brazilian Black Bean Stew in a Potato Shell	Ragout of Navy Beans & Kale	Mac & Cheese w/ Black Bean Crumble		
Available Daily Homemade Soup, milk (2%, skim & 1% chocolate), 100% juice, water, coffee, tea. Also available are fresh whole fruit, a 21 item salad bar including 2 kinds of fresh cut lettuces, 2 prepared salads, 9 cut vegetables, 3 low fat homemade dressing, fresh fruit salad and various condiments.							
D I N N E R	Butter Chicken Coconut Lime Rice Ginger Green Beans Naan Bread Lava Cake	Chef K's Meatball Bake Balsamic Bruschetta Italian Vegetables & Mushrooms Tiramisu	Jerk Pork Loin Jerk Chicken Drumsticks Rice & Peas Plantain Pineapple Cake	Hoisin Ginger Salmon Jasmine Rice Roast Broccoli & Sweet Chili Sauce Carrot Cake	Chicken Wings Baked Potato Wedges Steamed Corn Cookies	BBQ Chicken on Portuguese Bun Coleslaw Curly Fries	Hearty Beef & Vegetable Stew Wild Rice Blend Warm Dinner Rolls
	Curried Chickpea & Lentil	Vegetarian Meatball Bake	Spiced Bombay Casava & Tofu	Szechuan Vegetables In a Black Bean Sauce	Plant Based "Chicken" Tenders w/ Assorted Dips	BBQ Meatless Chicken Strips on a Portuguese Bun	Root Vegetable Stew
Available Daily Homemade Soup, milk (2%, skim & 1% chocolate), 100% juice, water, coffee, tea. Also available are fresh whole fruit, a 21 item salad bar including 2 kinds of fresh cut lettuces, 2 prepared salads, 9 cut vegetables, 3 low fat homemade dressing, fresh fruit salad and various condiments.							

Weekly Rotating Menu January to March 2025

Week 2

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
B K F A S T	Yogurt Bar Fresh Cut Fruit Individual Oatmeal Fried Free Run Eggs Country Biscuits Crispy Bacon Hash Brown Ovals	Yogurt Bar Fresh Cut Fruit Raisin Oatmeal Caprese Breakfast Sandwich Baked Chicken Sausage Breakfast Coin Potatoes	Yogurt Bar Fresh Cut Fruit Individual Oatmeal Scrambled Free Run Egg Sliced Maple Ham Savory Potato French Toast	Yogurt Bar Fresh Cut Fruit Cranberry Oatmeal Breakfast Grilled Cheese With Bacon Pom Pom Potatoes	Yogurt Bar Fresh Cut Fruit Individual Oatmeal House Made Waffles Scrambled Free Run Eggs Beef Sausage Hash Brown Ovals	Assorted Cereal 9:30 to 10:30 am ***** Chef's Brunch Table 11:00 to 12:30pm		Assorted Cereal 9:30 To 10:30 am ***** Chef's Brunch Table 11:00 to 12:30pm					
	Available Daily 100% Juice, Soy Milk, Yogurt Bar, Oatmeal, Granola, Dry & Fresh Fruit, Flax Meal, Coffee, Tea, Hot & Cold Cereals and Assorted Whole Grain Breads, Pastry's and Muffins.												
L U N C H	Carrot Ginger Soup 6 oz Prime Rib Burgers On Potato Bun Redskin Potato Wedges Green Beans	Clam Chowder Caribbean Jerk Chicken Rice & Beans Green Peas	Minestrone Soup Cheese Pierogis w/ Bacon, Sautéed Onions & Sour Cream Braised Red Cabbage	Chicken Noodle Soup Beef Lasagna Ciabatta Bites Parmesan Ranch Broccoli	Split Pea Soup Flax Chicken Tenders Rosemary Potato Wedges Steamed Corn w/ Fresh Thyme	Available Daily Homemade Soup, milk (2%, skim & 1% chocolate), 100% juice, water, coffee, tea. Also available are fresh whole fruit, a 21 item salad bar including 2 kinds of fresh cut lettuces, 2 prepared salads, 9 cut vegetables, 3 low fat homemade dressing, fresh fruit salad and various condiments.		Available Daily Homemade Soup, milk (2%, skim & 1% chocolate), 100% juice, water, coffee, tea. Also available are fresh whole fruit, a 21 item salad bar including 2 kinds of fresh cut lettuces, 2 prepared salads, 9 cut vegetables, 3 low fat homemade dressing, fresh fruit salad and various condiments.					
	6 oz Beyond Burger on Potato Bun	Curried Chickpea & Potatoes	Cheese Pierogis w/ Sautéed Onion , Sour Cream & Black Bean Crumble	Vegetable Lasagna	Meatless Chicken on Potato Bun								
D I N N E R	Kung Pao Boneless Chicken Thighs Jasmine Rice Asian Greens Flourless Choc Torte	Red Thai Curried Beef Basmati Rice Ginger Broccoli Chocolate Pudding	Pulled Pork & Chicken Burritos Corn Bread Cilantro Lime Corn Carrot Cake	Kale Pesto Chicken Breast Roast Fingerling Potatoes Green Peas & Mushrooms Cheesecake	Beef Tortellini Garlic Sticks Caesar Salad Cookies	Chicken Shawarma Garlic Roast Potatoes Roast Eggplant	Teriyaki Salmon Planks Jasmine Rice Baby Bok Choy & Red peppers	Available Daily Homemade Soup, milk (2%, skim & 1% chocolate), 100% juice, water, coffee, tea. Also available are fresh whole fruit, a 21 item salad bar including 2 kinds of fresh cut lettuces, 2 prepared salads, 9 cut vegetables, 3 low fat homemade dressing, fresh fruit salad and various condiments.					
	Kung Pao Tofu & Vegetables	Lentil Dahl w/ Sweet Potato	Baked Beans w/ Sweet Peppers	Mushroom & White Bean Stroganoff	Cheese Tortellini	Chickpea Shawarma	Tofu Stir-Fry w/ Broccolini & Mushrooms						

Weekly Rotating Menu January to March 2025

Week3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B K F A S T	Yogurt Bar Fresh Cut Fruit Individual Oatmeal Jimmy Dean Sausage & Egg Savory Potatoes	Yogurt Bar Fresh Cut Fruit Cranberry Oatmeal Cheesy Scrambled Egg Banana Bread French Toast Breakfast Coin Potato	Yogurt Bar Fresh Cut Fruit Individual Oatmeal Western Breakfast Wraps Plain Scrambled Eggs Crispy Done Bacon Hash Brown Ovals	Yogurt Bar Fresh Cut Fruit Raisin Oatmeal Blueberry Pancakes Turkey Cheddar & Tomato Ciabatta Savory Potatoes	Yogurt Bar Fresh Cut Fruit Individual Oatmeal House Made Waffles Scrambled Free Run Eggs Crispy Done Bacon Pom Pom Potatoes	Assorted Cereal 9:30 to 10:30 am ***** Chef's Brunch Table 11:00 to 12:30pm	Assorted Cereal 9:30 To 10:30 am ***** Chef's Brunch Table 11:00 to 12:30pm
	Available Daily 100% Juice, Soy Milk, Yogurt Bar, Oatmeal, Granola, Dry & Fresh Fruit, Flax Meal, Coffee, Tea, Hot & Cold Cereals and Assorted Whole Grain Breads, Pastry's and Muffins.						
L U N C H	Vegetable Soup Chicken Schnitzel Mashed Potato Sautéed Green Beans	Cream of Broccoli Soup Beef Goulash Creamy Polenta Ratatouille	Beef Barley Soup Creamy Cajun Chicken & Sausage Pasta Balsamic Roasted 9-Cut Chicken Garlic & Parmesan Cauliflower	Chicken Noodle Soup Mediterranean Salmon Planks Savory Wild Rice Blend Steamed Broccoli	French Onion Soup Chicken Parm Herb & Garlic Capellini Roasted Carrots & Leeks		
	Garlic Mushrooms & Cauliflower	Moussaka Meatballs w/ Roasted Red Pepper Sauce	Cremini, Garlic & Parsley Pasta	Vegan Farro w/ Broccoli & Shiitakes	Eggplant Parmesan		
Available Daily Homemade Soup, milk (2%, skim & 1% chocolate), 100% juice, water, coffee, tea. Also available are fresh whole fruit, a 21 item salad bar including 2 kinds of fresh cut lettuces, 2 prepared salads, 9 cut vegetables, 3 low fat homemade dressing, fresh fruit salad and various condiments.							
D I N N E R	Beef Tacos Fish Tacos Black Bean Rice Corn Niblets Churros	Pollo Asado (Boneless Chicken Thighs) Paprika Potatoes Minted Green Peas Cheesecake	Teriyaki Beef Striploin Shanghai Noodles Stir Fry Vegetables Maple Cake	Honey Mustard Chicken Breasts Chunky Red Smashed Potato Green Beans Chocolate Cake	Foot Long Hotdogs & Toppings Halal Chicken Hot Dogs Kettle Chips Carrot & Celery Sticks w/ Dip Cookies	Mango Chipotle Chicken Spicy Baked Potato Wedge Southwest Sautéed Corn	Eastern Spiced Pepper Steak Basmati Rice Masala Okra
	Vegetable Tacos	Roasted Beets w/ Pomegranate & Chevre	Wild Mushroom Ragout	Ratatouille w/ Capers & Tofu	Vegetarian Hot Dogs	Vegetable & Bean Jambalaya	Vegan Tikka Masala
Available Daily Homemade Soup, milk (2%, skim & 1% chocolate), 100% juice, water, coffee, tea. Also available are fresh whole fruit, a 21 item salad bar including 2 kinds of fresh cut lettuces, 2 prepared salads, 9 cut vegetables, 3 low fat homemade dressing, fresh fruit salad and various condiments.							