



WEEK 3 ALL-DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SOUPS</b>	Miso, Tofu, Nori, Mushrooms, Bean Sprouts, Green Onions (GF)(VGN) Seafood Creole (H)(GF)(DF)	Lentil & Roasted Red Pepper (GF)(VGN) Beef and Winter Vegetable (H)(GF)(DF)	Spicy Black Bean Soup (GF)(VGN) Tom Yum Chicken (H)(DF)	Gingered Carrot (GF)(VGN) Smoky Mushroom (VEG)(GF) (BACON ON SIDE)	Butternut Squash (GF)(VGN) Split Pea and Vegetable (GF)(VGN)	Braised Leek & Rice (GF)(VGN) Spicy Beef Vegetable (H)(GF)(DF)	Curried Zucchini (GF)(VGN) Caribbean Chicken & Coconut (H)(GF)(DF)
<b>MEAT PIZZA</b>		Chicken Alfredo Pizza (H)		Hawaiian - Ham & Pineapple		Pizza – Dinner Only Pepperoni Pizza	Pizza – Dinner Only Pepperoni, Bacon, Green Pepper
<b>VEGETARIAN PIZZA</b>		Quattro Fromaggio Mozzarella, Parmesan, Cheddar, Feta (VEG)		Pineapple, Green olives and Banana Pepper rings (VEG)		Pizza – Dinner Only Cheesy Garlic Pizza Mozzarella, Garlic, Oregano (VEG)	Pizza – Dinner Only Margherita Pizza Mozzarella, Basil, Tomato Sauce (VEG)
<b>MEAT HOT SANDWICH</b>	Italian Chicken Tenders on a Panini (H)		Roast Beef, Cheddar and Horseradish on Marbled Rye		BBQ Chicken Enchilada (SALSA & SOUR CREAM ON SIDE)	<b>BREAKFAST FOR BRUNCH</b>	<b>BREAKFAST FOR BRUNCH</b>
<b>VEGETARIAN HOT SANDWICH</b>	Mushroom & Roasted Tomato, Garlic Aioli on Hoagie (VEG)		Grilled Cheese and Caramelized Onion (VEG)		Spicy Bean & Cheese Enchilada (SALSA & SOUR CREAM ON SIDE)		
<b>COLD MEAT SANDWICH</b>	Roast Turkey and Cheddar Cheese on a Hoagie Bun	Roast Turkey and Cheddar Cheese on a Hoagie Bun	Roast Turkey and Cheddar Cheese on a Hoagie Bun	Roast Turkey and Cheddar Cheese on a Hoagie Bun	Roast Turkey and Cheddar Cheese on a Hoagie Bun		
<b>COLD VEGETARIAN SANDWICH</b>	Roasted Red Pepper Hummus & Vegetable Wrap (VGN)	Balsamic Roasted Vegetable Feta Cheese on a Ciabatta (VEG)	Green Goddess Sandwich on an Onion Bun (VEG)	Caprese (Bocconcini, Basil, Tomato) on a Kaiser (VEG)	Roasted Root Vegetable with Avocado and Arugula on a Baguette (VGN)		
<b>ROTATIONAL SANDWICH</b>	Classic Egg Salad on a Wrap	Deluxe Ham and Provolone Cheese on a Ciabatta	Roast Beef with Swiss Cheese on an Onion Bun	Tuna Salad on a Kaiser	Tuscan Grilled Chicken with Mozzarella on a Baguette		
<b>ROTATIONAL COMPOSED SALAD</b>	Ratatouille Pasta Salad (VGN)	Ratatouille Pasta Salad (VGN)	Asian Kale Salad (GF)(VGN)	Asian Kale Salad (GF)(VGN)	Black-eyed Peas Salad (GF)(VGN)	Black-eyed Peas Salad (GF)(VGN)	Chef's Choice Salad (VEG)
<b>MEAT FEATURED SALAD</b>	<b>Brazilian Chicken Bowl</b> Chicken Breast, Saffron Rice, Black Beans, Corn, Mixed Green Lettuce, Tomato, Cucumber, Red Onion	<b>Spicy BBQ Beef Strips Bowl</b> BBQ Beef Strips, Brown Rice, Mixed Greens, Tomato, Cucumber, Black Beans, Carrots, Red Onion, Corn	<b>Oodles Noodles Bowl</b> Maple Glazed Salmon, Cellophane Noodles, Carrots, Baby Corn, Red Pepper, Green Onion, Edamame, Daikon, Bamboo Shoots	<b>Winter Chicken Bowl</b> Applewood Grilled Chicken, Baby Kale Arugula Blend, Beets, Corn, Black Beans, Sweet Potato Tidbits	<b>Lime Glazed Shrimp Vietnamese Noodle Bowl</b> Lime Glazed Shrimp, Napa Cabbage, Lettuce, Edamame, Basil, Mint, Bean Sprouts, Cucumbers, Bell Peppers, Snow Peas, Carrots		
<b>VEGETARIAN FEATURED SALAD</b>	<b>Brazilian Tofu Bowl</b> Grilled Tofu, Saffron Rice, Black Beans, Corn, Mixed Green Lettuce, Tomato, Cucumber, Red Onion	<b>Spicy BBQ Jackfruit Bowl</b> BBQ Jackfruit, Brown Rice, Mixed Greens, Tomato, Cucumber, Black Beans, Carrots, Red Onion, Corn	<b>Oodles Noodles Bowl</b> Maple Glazed Tofu, Cellophane Noodles, Carrots, Baby Corn, Red Pepper, Green Onion, Edamame, Daikon, Bamboo Shoots	<b>Winter Tempeh Salad Bowl</b> Marinated Tempeh, Baby Kale Arugula Blend, Beets, Corn, Black Beans, Sweet Potato Tidbits	<b>Vietnamese Noodle Bowl</b> Lime Glazed Tofu, Napa Cabbage, Lettuce, Edamame, Basil, Mint, Bean Sprouts, Cucumbers, Bell Peppers, Snow Peas, Carrots		
<b>FEATURED SALAD SIDES</b>	<b>Chimichurri Dressing</b> Sides: Guacamole, Chimichurri Sauce, Salsa	<b>Sweet Tangy BBQ Dressing</b> Sides: Assorted Seeds	<b>Asian Sesame Dressing</b> Sides: Sesame Seeds	<b>Honey Lemon Dressing</b> Sides: Goat Cheese	<b>Pineapple Tajin Dressing</b> Sides: Crispy Chow Mein		
<b>DESSERT</b>	Warm Apple Pie	Zucchini Chocolate Cake	Sticky Toffee Pudding	Tres Leches Cake	Oreo Cheesecake	Rice Krispy Square	Mini Cupcakes



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>LUNCH</b>							
COMBO 1 - MEAT	Crockpot BBQ Chicken Breast (H)(GF)(DF)	Meatballs in Marinara (H)(DF)	Chicken Schnitzel	Korean BBQ Pulled Pork (GF)(DF)	Battered Haddock (H)	<u>Brunch Entree</u> Lemongrass Chicken (H)(GF)(DF)	<u>Brunch Entree</u> Pasta and Red Lentil Pasta (GF)(VGN)
COMBO 1 – VEGETARIAN	Vegan Cabbage Roll Casserole (GF)(VGN)	Vegan Meatballs in Marinara (VGN)	Faux Chicken Nuggets (VGN)	Korean BBQ Jackfruit (GF)(DF)	Grilled Pesto Tofu Steak (GF)(VGN)	Lemongrass Tofu (GF)(VGN)	Bolognese (H)(DF)
SIDES	Roasted Red Skin Potatoes (GF)(VGN) Breaded Pickle Spears (VEG) Seasonal Vegetables (GF)(VGN)	Hoagie Bun/GF Bun Sautéed Mushrooms and Onions (GF)(VGN) Steak Cut French Fries (GF)(VGN)	Warm Potato Salad (GF)(VGN) Roasted Zucchini and Red Bell Peppers in Stewed Tomatoes (GF)(VGN)	Bao Buns (3PCS) (VEG) Vegetable Fried Rice (GF)(VGN) Sautéed Garlic Bok Choy (GF)(VGN)	Shoestring Fries (GF)(VGN) Seasonal Vegetable (GF)(VGN)	Sautéed Garlic Broccoli (GF)(VGN) Jasmine Rice (GF)(VGN) Chef's Choice Appetizer (GF)(VGN)	Vegan Bolognese (VGN) Roasted Vegetables (GF)(VGN) Garlic Bread (VEG) Parmesan Cheese (VEG)
PORTION TOPPINGS		Vinaigrette Coleslaw (GF)(VGN) Shredded Cheddar and Mozzarella Cheese	Dijon Vegan Mayo (GF)(VGN)		Asian Kale Slaw (GF)(VGN) Tartar Sauce		
<b>DINNER</b>							
COMBO 1 - MEAT	Char Sui Pork Loin (GF)(DF)	Seafood Carbonara with Linguine (H)	Moroccan Beef Tagine (H)(GF)(DF)	Dry Rub Chicken Wings (H)(GF)(DF)	Chicken Vindaloo (H)(GF)(DF)	Sesame Beef and Vegetable Stirfry (H)(GF)(DF)	Herbed Rotisserie Chicken (H)(GF)(DF) Chalet Gravy (GF)(H)
COMBO 1 – VEGETARIAN	Grilled Tofu Steaks in Hot Szechwan Sauce (GF)(VGN)	Caponata Pasta with Mediterranean Vegetables and Romano Beans (VEG)	Moroccan Chickpea and Vegetable Tagine (GF)(VGN)	Beyond Burger and Buns (GF)(VGN)	Vegetable Vindaloo with Chickpea and Vegetables (GF)(VGN)(DF)	Sesame Tofu and Vegetable Stirfry (GF)(VGN)	Spicy Potato, Spinach and Paneer Curry (VEG) (GF)
SIDES	Chow Mein Noodles with Bean Sprouts (VEG) Sautéed Vegetable Medley (GF)(VGN) Vegetable Spring Rolls (2PCS) (VEG)	Garlic Cheese Bread (GF)(VGN) Roasted Acorn Squash Slices (GF)(VGN)	Saffron Rice (VGN) Corn on the Cob (GF)(VGN) Vegetable Samosa (VGN)	Roasted Zucchini and Carrots with Garlic and Herbs (GF)(VGN) Mac and Cheese (VEG)	Broccoli and Carrots (GF)(VGN) Cardamom Basmati Rice (GF)(VGN) Naan (VEG)	Sticky Rice (GF)(VGN) Vegetable Egg Rolls (1PC) (VGN) Steamed Chinese Broccoli (GF)(VGN)	Wild Rice Pilaf (GF)(VGN) Steamed Vegetables (GF)(VGN)
PORTION TOPPINGS		Parmesan Cheese (VEG)		Sauces: BBQ, Hot Sauce, Honey Garlic Sauce Burger Topping: Tomato, Lettuce, Onion, Cheese	Cucumber Raita (GF)(VEG)		